

150 years of pride

established in 1861

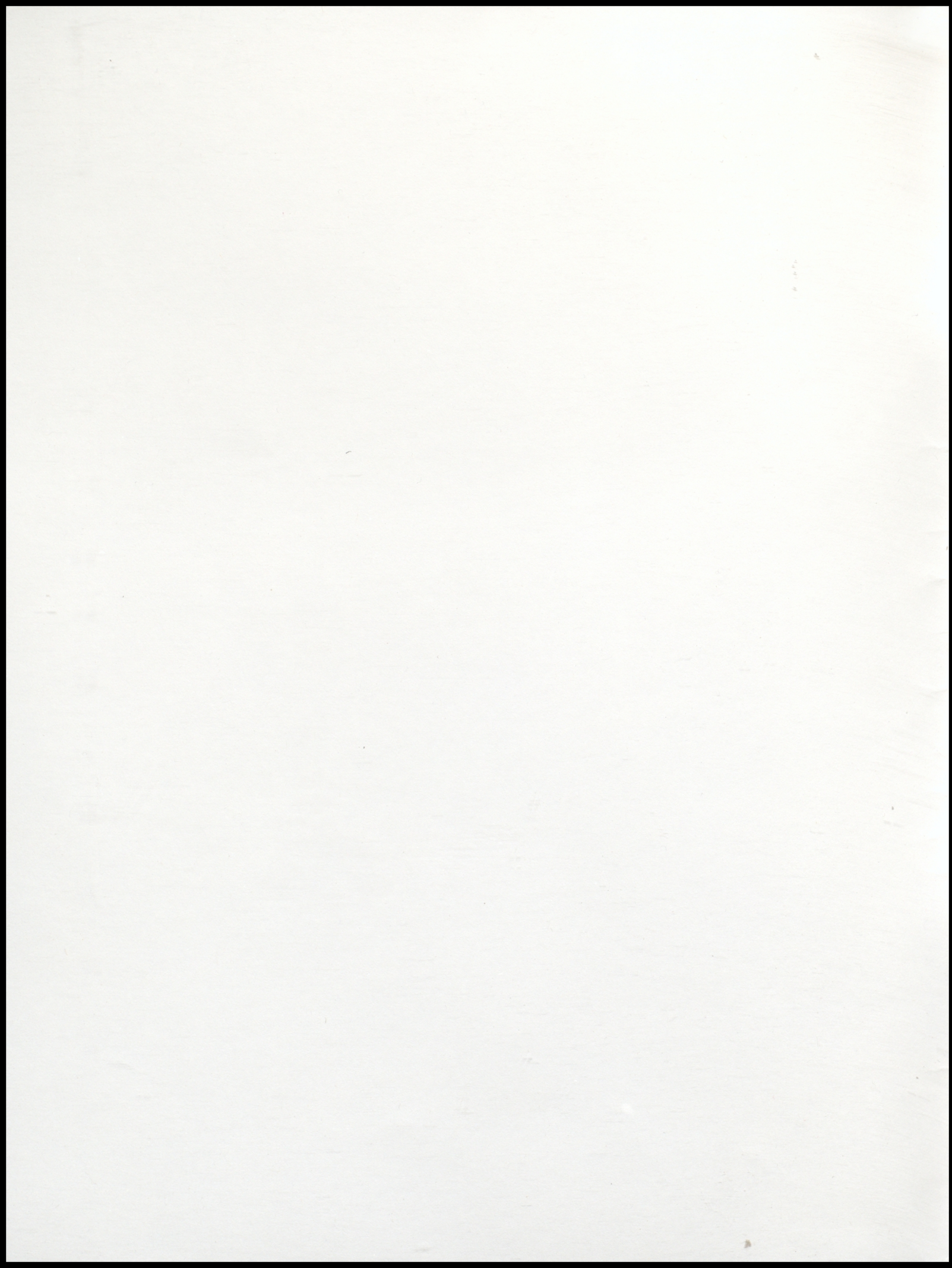


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Welcome to this publication, a celebration of East High School on its 150th Anniversary of existence. For this monumental anniversary, we decided to focus on the people who have walked the halls and impacted the East High community.

These stories were compiled by students in the Publications Department, many of them sophomores and juniors. We hope you enjoy our efforts. If you have suggestions for next year's alumni publication, please see our contact information on the next page.

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Dear students and alumni: Let's make this publication an annual tradition!

The EHS Publications Department is dedicated to covering important people and families in our community. If you have a story idea for the 2012 alumni banquet publication, East's 151st Anniversary, please email the journalism adviser at: benjamin.graeber@dmps.k12.ia.us

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James Erickson & Bob Mahaffey

Renowned graduates and AE Dairy leaders reflect on EHS

To this day, Anderson Erickson Dairy provides the Des Moines Public Schools with their dairy products -- thanks to two important alum, the company also supports East High School.

The business first started when Iver Erickson and William Anderson bought their very own dairy during the Great Depression. The dairy was officially founded in 1930.

Years later, Iver's son, James Erickson took over as CEO. Bob Mahaffey is currently the vice president and treasurer of AE Dairy.

Mahaffey served on the Invest in the Future steering committee during East's major renovations (2003-2005).

Both men are former EHS students and members of the Hall of Fame, which can be found on the second floor at East High.

These businessmen have been involved in their community and EHS over the past 40+ years.

Let's take a look at these men who work for a company with "ridiculously high standards."

Q: When did you graduate from East High?

Erickson: 1954

Mahaffey: 1952



Clockwise from left: Beth Bush, David Bush, Miriam Erickson Brown (President and CEO), Gary Brown, Warren Erickson (Senior Executive Vice President and COO), Laura Erickson, Catherine Erickson and James Erickson (Chairman of the Board).

Q: How were your experiences at EHS -- were they mostly positive? If so, why?

Erickson: I had really good teachers, I remember my chemistry teacher. I was able to learn a lot. I had a lot of friends and got in trouble once.

Q: What is your overall favorite memory from your time as a student at EHS?

Erickson: I enjoyed going to the games, especially East High vs. Roosevelt High. We had an undefeated season with basketball and football. I also liked the assemblies; once I built a fountain for an assembly project.

Mahaffey: Everlasting friends and good teachers. They maintained discipline and I was in basketball and baseball.

Q: Do you think EHS has changed since you've attended? If so, how?

Erickson: There aren't as many graduates. Families also have very busy schedules.

Mahaffey: The physical plan changed drastically and gym and auto-tech was on E 14th. Now,

it's a lot more attractive. When I was a student our goal was to stay out of the vice principal's office.

Q: Did you have any kids who also attended East?

Mahaffey: Yes, I have three daughters. They graduated in '73, '78, '83.

Q: What is the best selling AE product?

Erickson: It depends on the season. Right now it is egg nog (*interviewed in December*).

Originally we were milk men and gallons of milk are still our best seller.

We also have lots of fun with yogurt, cottage cheese, chocolate milk...

Q: What is your favorite AE product?

Erickson: I like them all. Maybe egg nog, and definitely Mr. E's Garden Vegetable cottage cheese.

Mahaffey: I like both French Onion and Cheddar French Onion dip.

Q: How many East High graduates work for you? Do you go out for your way to hire EHS graduates?

Erickson and Mahaffey: Quite a few over the years, and they've been some of our best and most loyal employees.

Q: Has the recession impacted your business? Have you had to lay-off many employees?

Erickson: We're pleased that we haven't had any layoffs; however, with the rising cost of groceries, food budgets are limited.

Q: Do you think EHS has a good reputation from when you attended?

Mahaffey: East High had a good reputation from when I attended. The reputation at EHS is respected. The old East side motto was "East side against the world," now its "East side pride."

-Kara Van Deo ('13) & Julie Khanthavongsa ('13)



Back Row: Sheryl Williamson, Joan Mahaffey, Beth Swift. Front Row: Robert Mahaffey (Vice President and Treasurer) Joanne Mahaffey

Connie (Fulk) Boesen

Always connected to and supporting East High

One woman, Connie Boesen, seems to have done it all. After just one conversation with Boesen, the current School Board President, you can tell she wants to improve not only the Des Moines Public School System, but Des Moines as a whole.

Boesen's efforts have granted her many awards, like the 2003 Citizen of the Year Award and the 1999 Friend to Education Award.

Citizens of Des Moines should be applauding Boesen for all that she has done and continues to do for DM. As a member of the EHS community we get a bit more bragging rights. See, Boesen is an EHS alumna.

The 1969 East High grad is proud to say she is from East.

"No one can talk about the pride we have. Scholarships, re-do of the stadium. Not many schools can say they raised the funds to build (additions to the school/stadium remodel). No schools I know have 1,000 people (Alum) come to the gym and have a boxed lunch," she said.

Boesen understands the mindset of an EHS student.

"Peoples perception of Scarlets is sometimes not fair. People really don't know what goes on at East. You sometimes have to just let it go. It's how we present ourselves."

But Boesen also knows, "...we can change."

Boesen said her plans for after high school didn't go as planned,



Connie Boesen, 1969 EHS grad, is proud of her EHS roots.

but she is happy. Boesen thinks if you're *happy* workings at McDonald's, then work at McDonald's.

"All jobs lead to something," she said. Boesen knows college is not for everyone. She says what matters is, "If you're happy doing what you're doing... happy with your job. Not money."

Boesen seems to be on a mission: Make EHS and DMPS, all that it can be. Boesen said her advice for current EHS students would be, "Come to class everyday. Make the best of it, it's

four years. High school offers the best opportunities so enjoy the time you have. Take advantage of what's offered to you and join a club, be a part of this school. You are part of East High, you should be proud of it."

In her position on the school board, Boesen represents East High every day. She is truly one of the greatest East High graduates. Boesen's achievements included being a member of the Des Moines School Board, United Way Board, Polk County Early Childhood Partnership, Past President of the East high PTSA, East High Alumni Association, and the DM Council of PTA's. The list goes on.

After high school Boesen started working at Younkers she was there for 34 years; she currently works for Polk County. Boesen also is the owner of the Applishus concession business at the Iowa State Fair.

*-Aaron Hosman ('13) &
Houa Vang ('13)*



The 2011 DMPS School Board. Boesen is in the front left.

Gloria Hoffmann

A very dedicated member of the EHS community

Gloria Hoffmann is not only a woman who has been dedicated to East High School and to her community but she has also spent most of her life helping change the East side and make it better for everyone.

Hoffmann was born in Minneapolis and lived with her mom and dad. She moved to Des Moines in fourth grade. She lived in a little house that her family rented on Ambeist Street. She then moved to Wallace Street for fifth and sixth grade. She also went to Amos Hiatt for middle school.

"I can remember the first drivers' ed class that started in 1946 at East High," said Hoffmann.

When Hoffmann attended high school at East High, a lot of kids would come in from the country to attend school. These kids that were sent to Des Moines for school years ago now go to South East Polk.

She enjoyed going to the football games at Drake Stadium. She would yell and cheer just as kids do still today.

Hoffmann was very involved in school. She was in the musicals in high school, and was on the tennis team. She would have to ride street cars or the public bus to get around to school and to activities.

Her favorite teachers in high school who also taught her mom were Mrs. McBride who was bright, strict and taught her a lot about literature. She also loved Mr. Belleit who she had for math and Mr. Wilson who taught her history.

"You were lucky if a family had one car for the whole family. It was so much different than what it is now. Most families have at least two cars to a house," said Hoffmann.

She had the opportunity to participate in a citywide competition were



Hoffmann is in the EHS Hall of Fame.

she did a radio broadcasting with another student from Des Moines. They had radio broadcasting with kids from London. She ending up becoming friends with the girl she met in the program.

There were many differences today from when Hoffmann attended school. For instance, religion was important to almost everyone.

They also had a dances that were held downtown. The girls sponsored it and planned the entire thing. Smoking and drinking weren't as much of a problem when Hoffmann was growing up. The African American population was fairly large, but most students were White.

"You didn't have the kids who drank and smoked. It was not around like it is today. We found other ways to have fun," said Hoffmann.

In her last few years of high school Hoffman's family moved from 13th street to 39th, which caused her to have to ride many buses and change buses to get to school daily.

After graduation from East in 1946,

she enrolled at Drake University.

While most girls were going to school to be a secretary, Hoffmann broke the boundaries and went into a year of studying science. She also took typing and earned her first "B" in that class.

After one year of going to Drake she ran out of money and had to drop out of school and got a job working for Bob Howser. She would work with calculators that she had to crank them. She would also answer questions for policy holders.

"I would never let anyone know I was a woman when they called in because they wouldn't talk to a woman about their policies," said Hoffmann.

When she was working they wouldn't let people who were married work for them because they didn't want to give people maternity leave. So when Hoffmann became pregnant she had to quit before she was not able to wear regular clothes anymore.

She went back to work in 1983 and worked as a valued member of the Des Moines School Board from 1983 to 1995. She was elected four times and served two terms.

She also interviewed people who were interested in getting a scholarship from the Alumni foundation. She ended up interviewing for 14 years and had a certain criteria that she wanted to see. She was the Alumni president in 1986-1987.

Her advice for teenagers would be to follow your dreams and don't limit yourself to just the bare minimum.

"Take the opportunities that you are given and make them amazing because you're only young once," she said.

*-Emalie Cipale ('12) &
Melissa Craig ('12)*

Ken Stroud

From cashier to CEO and President of Dahl's Foods

Ken Stroud, the famous CEO of Dahl's Foods, is an East High School graduate.

"Life experience is what I've learned from the most," said Ken Stroud.

Stroud started working at the age of fifteen at Super Value Market and was there for eleven years until he started working at Dahl's in 1962. He started as a clerk and then began running a stocking crew. He then moved up to Assistant Manager of the Dahl's on the East side.

In 1970 he started managing the Dahl's on Beaver. He started working in a corporate office for Dahl's in 1979 and was there for four years. In 1993 he became president.

After 36 dedicated years to Dahl's he retired in 1999 as president and CEO. While Ken was president and CEO of Dahl's they made great expansion to the company.

"Work hard to keep on the good side of things, otherwise you get beat down," said Stroud.

He came from a family that wasn't well off, but he worked hard and persevered. No one gave him anything, he got to where he is all by himself.

He also won the Iowa Grocery Industry Association Hall of Fame of Award in 1998. He's served on several boards some of those including: Bankers Trust Advisory Board, The Business Bureau, which he was on for nine years, National Groceries Board plus several others.

He graduated in 1953. He transferred from Des Moines Tech, now Central Campus, to East and attended East High in '52 and '53.



Ken Stroud, class of 1953, became president and CEO of Dahl's Foods. Many members of his family have also graduated from East High.

Stroud is a very upbeat, happy person, but never likes to talk about himself and all that he has accomplished.

According to the people who know him, he is a generous, outgoing, and always jolly guy. He would never ask anyone else to do something he wouldn't be willing to do himself. He's the type of person that would give you the shirt off his back if he thought you needed it.

He spent the first four years of his life in Knoxville where he was born. He switched schools a lot and ended up attending 11 schools from kindergarten through his senior year, but ended up here at good ol' East High.

Stroud is a Des Moines native and is proud to be a Scarlet.

"I'm just amazed by the accomplishments that East has had," said Stroud.

Since his time at East there have been many changes, renovations and accomplishments.

"We're going to see change. We're going to see it evolve. What you see is it evolving throughout the years. You don't notice the change until five or ten years later. How it evolves depends on so many outside forces. It's so different now from my years that I spent there," said Stroud.

Although the school has changed through the years, as well as students, Stroud has managed to keep the same good, hard work ethic that he had in high school.

"Kids today, a lot will go to college to study a specific career. They end up in different things rather than what they studied in because they can't find a job in that career they want. But, in the end it's helping them branch out and learn how to do other things and prepare them for life and other jobs," said Stroud.

Stroud and his wife, Dolores Disbrow Stroud, who is also an East grad (class of 1955), currently reside here in Iowa and in Arizona. They spend five months in Gold Canyon, Arizona and the other seven months in West Des Moines.

Stroud has four boys of his own and three step-children. His step-children all attended East High. Cyndy Rasmussen Comes graduated in 1967, Linda Rasmussen Mason graduated in 1971, and Jeff Rasmussen graduated in 1973. His step-granddaughter, Jenny Mason Sebring also graduated from East in 2002.

-Lindsey Smith ('12)

Mosqueda Family

One family, one recipe, one delicious taco

For nearly 50 years, one East side family has fed and shared their homemade, delicious flour tacos with people across the state.

Richard and Antonia Mosqueda opened their restaurant, Tasty Tacos, in 1961 with the simple idea that "Nada Es Imposible." The family started the business in order to help provide food for their six kids, four of whom are East High graduates.

"Our first restaurant was on 22nd and Searle, and we just couldn't support our kids. Richard was a barber, and we wanted to do something extra," said Antonia Mosqueda.

Richard and Antonia grew up in Ft. Madison, Iowa, and both attended the local high school. Later on, they moved to Des Moines.

Class of '74 grad and current president of Tasty Tacos, Linda Mosqueda, is the daughter of Richard and

Tasty Tacos



*"Nada Es Imposible"
Since 1961*

Antonia. Linda grew up in Des Moines, and lived on the East side most of her life.

"I was an average student in high school. I remember being a Stepper in high school. We used to wear white boots, and cheer with pom-poms. I remember the Stepper's going down to a New Orleans Mardi-

Gras parade and performing. I had a lot of fun doing that," said Linda Mosqueda.

Linda Mosqueda loves giving back to her former school by donating gift cards to various clubs and boosters. However, Tasty Tacos likes to donate everywhere.

"The East side has always been very good to us. In the future, I can see East High keep expanding and getting bigger and better," said Linda Mosqueda.

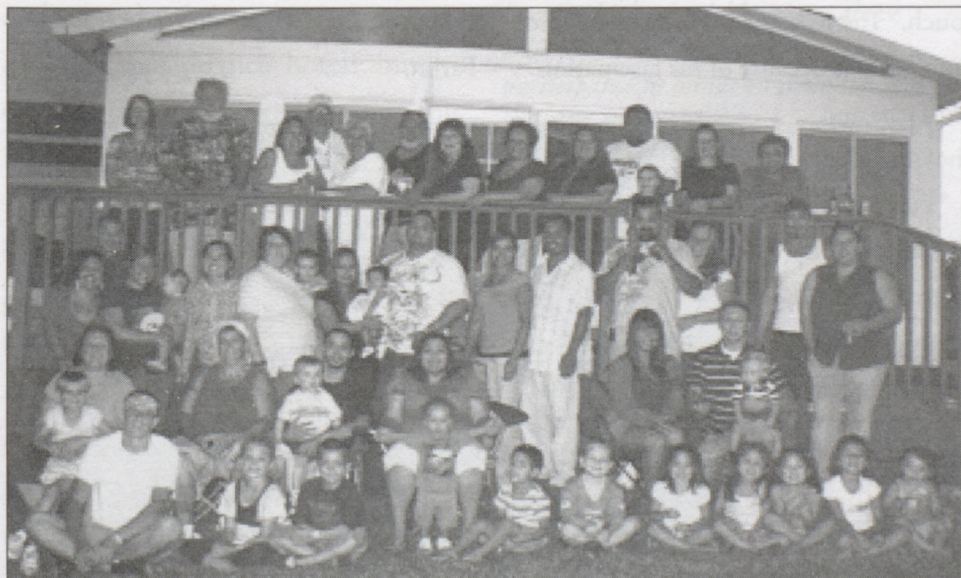
The Mosqueda's are always looking for expansion of the restaurant, and in the last six years they branched outside of Des Moines. Currently, there are six "flourishing" Tasty Tacos locations; four in Des Moines, one in Urbandale, and one in Ankeny. Many restaurants run closely together in sales, but the busiest location is 8549 Hickman Road in Cobblestone Market. Linda Mosqueda has four brothers and one sister, and five of the six siblings are still in the family owned and operated business.

What keeps Tasty Tacos going is their remarkable sales. Close to 50% of sales come from the original flour taco.

"August is a big month for us. We will be celebrating our 50th year in business," said Antonia Mosqueda.

"We appreciate the generations of loyal customers that we have been privileged to serve and hope to meet many new customers in the years to come."

-Riley Bacon ('12)



The Mosqueda family poses at a recent family reunion. "This is almost our entire family," said Linda Mosqueda.

Bob Mc Farlin

Success is his middle name

"When I was in school EHS used to rule the city. That's how powerful we are. We were the 'bad boy' school, when I was around," said Bob Mc Farlin ('72).

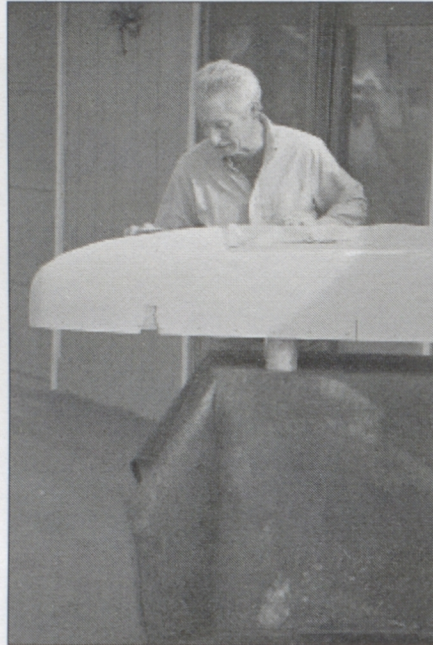
Some people view EHS as a disrespectful school. This misconstrued idea of EHS is not the view of most EHS alumni. Mc Farlin said when he went to school they had to wear "dress pants and starched shirts."

"I am absolutely proud to be an East High graduate and everyone should be proud to be part of our EHS community. East built my life into what it is today," said Mc Farlin.

If talking to a student today Mc Farlin would say, "Pay attention to your classes and learn respect, because in the real world it's all very important, especially in the job world. Know your going to have to work hard and things aren't always going to be easy, that's what gets you through," said Mc Farlin.

We all know things have drastically changed since '72 but Mc Farlin says what he sees the most change in is "the behavior of students."

"The most things I think have changed are the complexity of the school and the advanced technology. Also when I was in school I use to have keys to the school because I was part of a sound system crew for the auditorium. Nowadays, you'd never be able to," said Mc Farlin.



Bob Mc Farlin works on a soap box derby car. He specially makes it for a young disabled racer.

Mc Farlin has worked hands on for most of his life. When he was in school he took an auto mechanics and drafting classes, since then he never lost his touch. The reason Mc Farlin went into auto body is because of his fascination with cars and showing cars.

"I used to show cars all the time after I would fix them up and make them look all pretty," said Mc Farlin.

In 2000, Mc Farlin was working for *Better Homes and Gardens* maga-

zine testing their wood working tools. Most ideas for his inventions came from his years at *Better Homes and Garden*.

"I have Router Technologies. My two best inventions are Router Razor which you can buy to use in a wood shop and the Extreme Extension which is also used in a wood shop," said Mc Farlin.

Both of his inventions are number one in the world. He has patents in Iowa, Canada, United Kingdom, England, Australia, and Norway. Since the recession, he has made major change. "I've had to stop, it's just too expensive," said Mc Farlin.

Mc Farlin's inventions are what got him started on owning his own business, Mc Farlin's Auto Collision. It started in his back yard, then a small garage, to his current shop placed on 2729 Delaware in Des Moines.

"I'm good at what I do," said Mc Farlin.

-Riley Fisher ('12)



Mc Farlin Auto Body Shop is placed at 2729 Delaware in Des Moines, Iowa. This is where Mc Farlin's family business started.

Perry Mc Farlin

Adventure and knowledge are his drive

"My father, my brother, and myself have all gone to East High," said Perry Mc Farlin.

Learning from his past years at East High School, Mc Farlin has started his own business as a travel guide creator, and currently works with his wife.

"My favorite part of my job is searching for un-excavated Mayan temples. These ruins are known by a few villagers in the jungle, but never visited by outsiders," said Perry Mc Farlin.

Perry Mc Farlin ('77) is a Cancun navigator. He got his passion to design maps/guides while sitting in a Cancun airport waiting to check-in for a flight.

"People kept us asking us questions and we realized they were interested in things outside their hotels, but other guides weren't giving them this information," said Mc Farlin.

Mc Farlin and his wife Laura have been making maps and traveling guides of Cancun and the surrounding areas for the past 13 years.

"We do all the work ourselves: research, writing, photography, mapping, web design, sales, and distribution," said Mc Farlin.

Mc Farlin feels that he discovers things that no other travel guides do.

Spending hundreds of hours each year looking for something interesting is what Mc Farlin spends his time doing. In his guides he looks at restaurants, new tourist sites, and the structure of Cancun.



Even in high school (the photo above is his 1977 senior photo), Mc Farlin participated in hands on activities and still does today.

"On a typical trip I will eat at 10 to 16 restaurants a day. Most of that food goes into a zip lock bag; there's just no way to eat it all. If you leave it on the plate, the staff will be offended and they won't let you pay, it's just a way to be sneaky," said Mc Farlin.

Normally when people think of someone writing reviews on a hotel

or restaurant, they think they'd get a lot of discounts. According to Mc Farlin, "We don't tell them so it doesn't affect the experience. We pay for everything just like any other tourist, and then we write our reviews."

Due to this adventurous job Mc Farlin has seen many interesting and amazing tourist spots, a lot of times being the first to see them.

"I've explored underground rivers filled with shards of Mayan pottery where fish are blind because there has never been any light (they actually have scales where they should have eyes.) I've hacked my way up the side of un-excavated Mayan temples; been inside caves thirty feet below surface; seen ancient Mayan sculptures worth millions (the landowners keep them hidden) out of respect for their culture," said Mc Farlin.

-Riley Fisher ('12)



A recent travel guide to Mc Farlin's favorite vacation destination: Cancun, Mexico.

Paul Sloan

Graduate, outstanding athlete, dedicated educator

Paul Sloan is one East High Scarlet who couldn't stay away. After attending East and graduating in the spring of 1946, Sloan chose to return to his Alma mater and educate students right where he learned.

However, he did take a leave of absence from East High. He taught at Johnston for seven years prior to coming back to East. When he first started teaching, educators had to teach in a school system that wasn't the Des Moines system for three years before they were allowed to teach in the Des Moines system. Once he could, he returned to dear ol' East High and started teaching.

It's no coincidence that Sloan chose to teach in the science department. After all, in high school, science was Sloan's favorite subject.

"I really enjoyed physics and chemistry," Sloan said.

When he was a high school student himself, he excelled at sports.

In fact, he was inducted into the East High Athletic Hall of Fame in 2006 for his many accomplishments and great strides he made on the court and on the track while a student.

When Sloan was in high school, he was all over the place. Sloan could be



East High alum '46 and EHS educator, Paul Sloan. He taught science courses at East for 34 years.

found at the football games running the clock, and keeping the books at some basketball games.

Sloan could also be found out on the track and out on the court. Sloan played point guard for the All City basketball team for all three seasons that he attended East; he was also involved in the cross country team. He

was the state cross country champ in both '44 and '45. Sloan was the state mile champ in '45 for track. One of his major accomplishments was that in just one year, he broke every record in track meets except the mile.

He was also a member of the pep club. He later became the sponsor of the pep club and he would help plan the assemblies and sports trips.

Sloan was also that he was elected student body president in '46.

Instead of just taking the regular classes, Sloan took college preparatory classes.

One of Sloan's favorite things about attending East was the athletics and the academics. He was actively involved in both.

Sloan said that he imagines that East is "a lot different now" then when he was a student.

"There is more diversity (now) then when I was there," Sloan said.

Many people who have graduated from high school wish that they could go back and relive those moments again. Sloan however, is not one of them.

"I am just trying to live the future," Sloan said.

-Taylor Bougher ('12)

Interesting EHS facts:

-From the 1994 *East High Sesquicentennial Salute to Des Moines*
The cornerstone for East High was laid January 19, 1911, by May Goodrell. A few of the thirty-eight items that were placed in the cornerstone were:

1. Bible
2. American flag
3. Iowa Official Register
4. Masonic Directory
5. a copy of each of the Register and Leader, the Daily Capitol, the Evening Tribune, the Daily News, and Plain Talk
6. Copies of the school directory 1907-1911
7. Copies of the superintendent reports, 1907-08 and 1908-09
8. Portraits of Amos Hiatt (superintendent for 20 years), Mr. W.O. Riddell (first superintendent of consolidated district), May Goodrell (principal of East High)
9. Football extra of each of the evening papers announcing East High victories
10. Names of the Greater Des Moines Committee Members

Scott Phaydavong

Football star reflects on his years as an East High student

Scott Phaydavong, from the class of 2003, was born in 1984 at Lutheran Hospital. Phaydavong was a former East High teacher and has been inducted into the Athletic Hall of Fame. He played football for Drake University, where he rushed for 5,830 yards. He also played professionally in Germany.

Phaydavong was recently married to his high school sweetheart Amanda Khodai; they currently live in Nebraska, where he is a graduate assistant football coach at Chadron State College.

Q: Did you grow up here in Des Moines?

My parents came to Des Moines during the 70s. I was born in 1984 at Lutheran Hospital; I've been here ever since.

Q: What year did you attend East High?

I attended East High during the years of 1999-2003.



Scott Phaydavong and Amanda (Khodai) Phaydavong on their wedding day.

Q: How many years have you worked at East High?

I've worked at East for 1 ½ years; one year as a computer applications teacher, ½ as a Gear Up advisor and substitute.

Q: Why did you choose to teach computer applications?

I wanted to teach math, but I change my major to science, but then I didn't want to do science, so I changed my major to business.

Q: Why did you choose East High to teach at?

I choose to teach at East High because I enjoyed my years at East.

Q: What are some of your school accomplishments?

I was valedictorian, my football team made it to the play-offs, and also I was three time state champion for track.

Q: How many total varsity letters have you received?

I have received 10 total varsity letters, six sports; two from football and four from track, and four academic.

Q: What are some of your favorite memories at East high?

My favorite memory from East would have to be meeting my current wife Amanda Phaydavong.

Q: What are some of your memorable athletic events?

I broke the 4 x 100 track record at Drake which still stands. I was the all time leading rusher at Drake and getting to play pro-football in Germany.

Q: Do you have favorite teammates from your years at East?

My favorite football teammates are Jeff Zelenovich and Adam Bolander. We are still best friends to this day.

Q: Did you like your years at East? Why?

I loved my years at East. I met my wife; I was successful in sports and in school. East taught me numerous life lessons.

Q: What got you into playing football and track?



My older brothers played football and ran track, I wanted to follow in their footsteps.

Q: Can you recall the day you were announced to be in the Hall of Fame?

I was voted into it. I felt very honored. I also felt like I didn't deserve it, but I took it with honor.

Q: How did you and your wife meet?

It's a funny story because I had recently broken up with an old girlfriend, and Jeff Zelenovich had told me about her, so I decided to look into her. I guess I just swept her off her feet. I decided in college that I wanted to marry her.

Q: Do you think your life would have been different if you didn't attend East? Why?

Yes, I think I would be totally different. East had taught me to be the person I am now. I also wouldn't have met my wife.

-Erika Kommavongsa ('12)

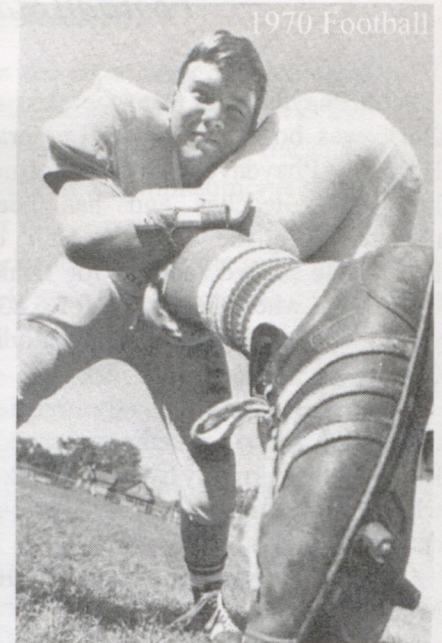
Faces of the Past



Class of 1919



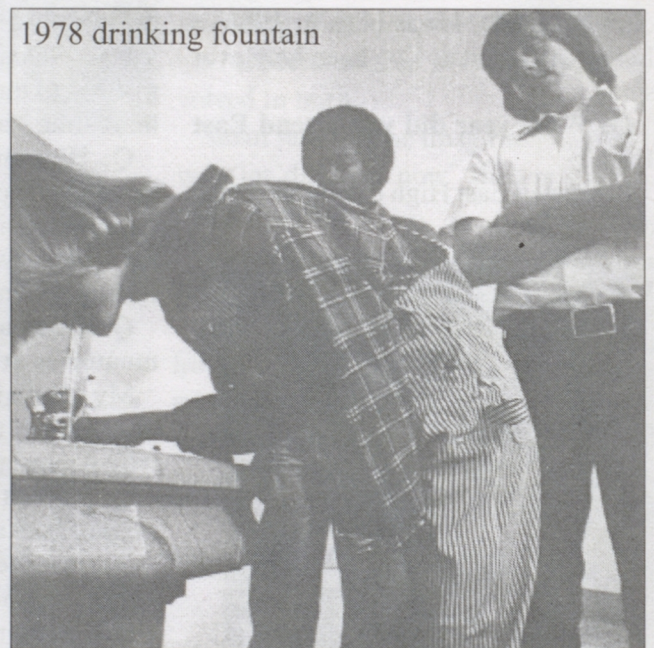
May Goodrell



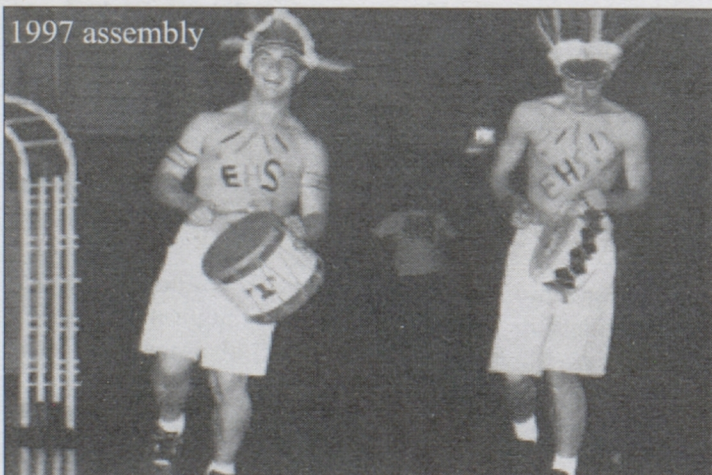
1970 Football



Band in 1966



1978 drinking fountain



1997 assembly



1907-1908 Football Team

Marcos Ramirez

Boxing champion and artist remembers how he made it big

"If it weren't for my art teacher, Ms. Gooch, and my principal, Jerry Stilwell, I wouldn't be where I am today. Without teachers like them, I wouldn't have been successful."

Those are the words of Marcos Ramirez, a 1999 East High grad who proved to be successful in life despite the problems he encountered.

Ramirez was born in Des Moines, Iowa in 1981. He grew up with his two brothers and sister, his step mom, and his dad. Marcos grew up in the Des Moines community; he attended McKinley Elementary, Amos Hiatt Middle School, and East High School.

Ever since he was little, Ramirez has always been exposed to boxing. His dad, Ricardo, passed on boxing to all of his four children. At first, Ramirez wanted to be a gymnast but being surrounded by boxing sparked an interest and talent for it. He started boxing when he was eight years old. His dad was a hard-working person and pushed his children to do the same.

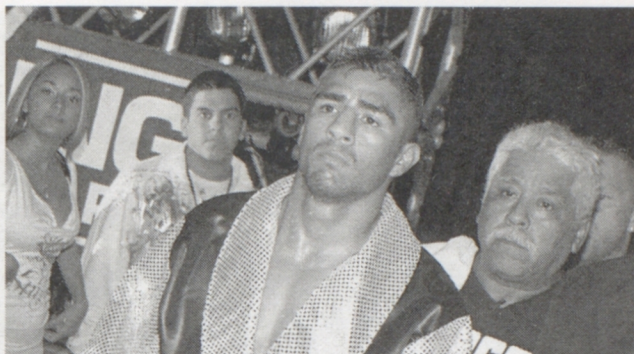
"He believed in the old school mentality of working hard. He always pushed us to do good in school," said Ramirez.

Unfortunately, like many teenagers today, Marcos experienced his "years of rebellion" during his teens.

He was involved in school fights, gangs, girls, and drugs. This stopped him from accomplishing some of his dreams and goals.

"I've made good decisions but I've also made bad decisions [referring to his teen years] in life. My rebellion, problems at home and school caused this. It was like a snowball effect. However, thanks to my family, teachers, and people who had faith in me I changed my life," he said.

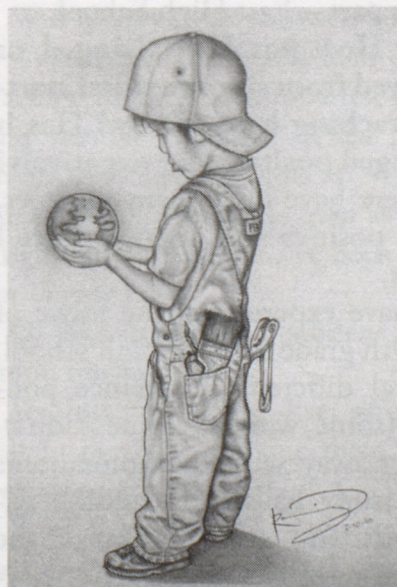
Ramirez changed his rebellious life-



Ramirez walks into a recent fight. His father is on his right.

style for boxing and success.

Ramirez had always wanted to compete in the Golden Gloves Iowa boxing tournament. When he was old enough at age 16, he decided to begin training with the help of his dad. Ramirez won his weight division in the Golden Gloves two years straight. But that wasn't the end of his boxing career; he continued to excel in it. Ramirez has boxed for 19 years, participating in 27 professional fights, has been ranked number two in boxing, won two NABO (North American Boxing Organization) titles and a Latino title. He has fought on two channels: HBO and Telefutera.



Art created by Marcos Ramirez from February 2000.

Ramirez has achieved all this due to his hard work and passion.

"I think I was a natural fighter, but it did take a while to understand the sport and skill. I love it because it taught me self discipline which is a form of art. You show how hard you work when you box. It's the best thing in the world! I'm passionate about it. I've done it all my life," he said.

However, Ramirez proved to be more than just a boxing superstar, he also had an amazing talent for art; a talent that he didn't have to train and work as hard for. "I'm more talented in art than in boxing. In boxing I have to work hard for it but art... it came naturally to me. It's a natural talent," said Ramirez.

Ramirez's art set the standard for the CIML competitions and won 1st place in every exhibit he entered. Soon many colleges offered him scholarships. Despite these great opportunities, Ramirez had never really planned to attend college due to economic and transportation issues. With the help and support of Gooch and Stilwell, he attended DMACC to pursue his art career. He studied graphic design there for two years.

Ramirez then moved to Kansas City, Missouri, to pursue his boxing career. He had two days in Missouri named after him in honor of his boxing success. He is currently a firefighter in Missouri who is still training and pursuing his boxing career.

No doubt Marcos Ramirez has proudly represented East High School. He proved to us all that despite the difficulties in life one can succeed with the help of people who have faith in you, but only if one is willing to. As he now recalls, "Faith in myself to do better inspired me to change my life."

-Diana Fabian-Santos ('13)

Mary Westover

A devoted EHS teacher since 1979

Mary Westover was born and raised in Des Moines, Iowa. As a teen she attended St. Joseph's Academy before it combined with Dowling.

Westover has always known she wanted to be a teacher. She started out studying to be a history teacher, but during college, she realized that English was her true calling. She's been a teacher at East since the fall of 1979, and before that, she taught 7th, 8th and 9th grade at Hiatt. In total, Westover has been a classroom teacher for 43 years.



Mary Westover and her daughter, Stayce Westover, are both EHS teachers who love teaching at East High.

Q: Have you had any friends or family members graduate from East High School?

Previously, I did not have any friends or relatives graduate from East, but since I started teaching here, I have made many friends who have graduated from East.

Q: What is your favorite thing about East?

The diversity in the building. I also like the fact that something new happens everyday. Definitely not boring.

Q: Have you had any memorable students in your years working at East? If so, why are they so memorable?

Yes, I have had some memorable students. I have had many that were struggling, clever, bright, but above all challenging. They have forced me to focus, change, and do the best I could to promote them with the skills they need to be successful.

Also, I have had the opportunity to teach some of their children and

even their grandchildren.

Q: What do you think about the possible mascot change from a Native American image to the Big E?

I have no personal opinion about the mascot. I think that should be a consensus among the student body, parents, alumni, booster club, and any other supporters of East. After all, they are, for the most part – East High School.

Q: How has East changed or evolved from since you first started teaching here to now? Has it changed positively or negatively?

There have been many changes, both positive and negative since I came.

I have experienced the move of the 9th grade into the high school, several different attendance policies (some worked, some didn't), doing away with the homerooms and study halls (now adding advisories and academic labs), the structure of the school days (having 6 periods, then 7 and now block schedule), the addition of

ISS and night school, and the institution of the house concept in 9th grade.

Whether these changes were positive or negative, they were intended to meet the needs of the students at EHS. Change is good and necessary in order to provide the best opportunity for our students.

Q: How do you see EHS changing in the future?

I think EHS will continue to change on a regular basis. One major change will involve the movement of freshman into the main building next year. I anticipate other changes will involve technology, courses offered, and programs as EHS strives to meet the needs of all students.

Q: If you could define East High in just a few words, which words would you pick?

EHS is a unique community, rich in tradition, diversity, and pride.

Q: Your daughter (Stayce Westover) is also a teacher at East High -- what has that experience been like?

It has been a very rewarding experience. I have been able to see her develop from and inexperienced "new" teacher; into an incredible teacher who is focused, caring, and committed to her students. I am proud of what she has accomplished at EHS.

-Hailey Galloway ('13)

Ric Powell

Athletic Director reflects on life-long connection to East High

When chatting with East Athletic Director Ric Powell, one can quickly come to the conclusion that this man bleeds Scarlet.

Powell and his family have been deeply involved in East High School for many years. Powell is a graduate of East High, and later returned to the school he loves so dearly to continue to make East a better place. Luckily, Powell took time out of his busy day to sit down and take an in-depth look on his life at East High.

Q: Did you grow up in DM? Did you attend EHS?

Yes, I grew up on the East side. Right over on Guthrie, and I attended East all four years.

Q: Have you held the same position at East all through the years you've been here?

I was a special education teacher for 12 years. In 1994, I became an athletic director. I was also the head baseball coach at East from 1987 to 1998.

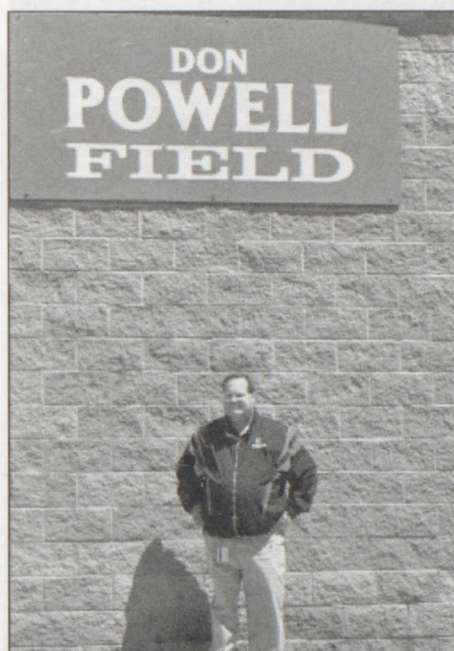
Q: Please explain how the baseball stadium became named "Don Powell Stadium."

My dad passed away in 1992 on Father's Day. It was the year after the East Baseball Team finished 2nd in the State and lost the State Championship by one run. There was a movement to name the baseball field "Powell Field."

The Powell family felt more comfortable having the field named after my father – Don Powell – who was a vice principal at East for 20 years.

Q: How has East changed since you've been here?

The whole look on sports and the sports setup has changed. Back then



Ric Powell stands beneath a sign that honors his father, a former vice principal for 20 years.

students could do two or three different sports and now it's like everyone is focused and driven to just one sport. Everything is just more dedicated now.

Q: How long have you been at EHS?

Well it's not an easy answer, first off I graduated in 1976 and then came back in '83 then I left for a few years and went to Ankeny. When I left to go to Ankeny it broke a 36 year streak that a Powell has been at East High, but all together I've been here for twenty years.

Q: Was there ever a student who stood out to you?

Yes, lots of students! Ever since we put in the Hall of Fame there have been lots of students.

Scott Rourke, who's a coach now, was one of my players and was and still is very close to me, especially after his father, Gary Rourke, passed

last year.

The thing about working in education you get close to them and when you ask me "who's my favorite" it's hard to choose.

Allen Williams is also very close to me. He has been a volunteer with our Athletic Department for the past four years. Allen even goes to many of the away events with me.

Q: Are there any negatives to your current job?

The downsides are the time; I don't see my family as much as I would like. My daughter is actually in town from college and I won't be able to see her much this week because of work.

Q: What is your view on the Native American mascot?

I think every school should have a mascot and we don't right now. I would like to talk to the people of that nationality and ask them why they feel we shouldn't use it; honestly, I think we would be honoring them. If we were to be anything but the Scarlets, I think that would make a lot of people mad and I think the word "Scarlets" works just fine!

Q: What is your favorite memory of East High?

I have many but one good one would probably be in the '80s, early '80s, when both sides of the stands would be filled to the top for a basketball game. Back then both of our teams were number one in the state. You would have to show up at 4:00 just to get a seat at a 6:30 game.

But, yes, that's one thing I would love to see here at EHS again.

*-Stephenie Gabriel ('13) &
Eva Fabray ('13)*

Jennifer Medina

Debate coach reflects on her family's deep connections to East High

Jennifer Medina works at EHS as a speech, debate, and English teacher. She also helps run many clubs including Mock Trial and the Forensic Team. Medina also graduated from in East in 1990. She has many other family members who have attended EHS. One day her daughter will even attend EHS.

Medina talked about when she was a student and there were two tracks, the AP track and the general track.

"This has gone away at EHS," said Medina "It could be a good thing or bad thing."

She also noted there are fewer clubs at EHS now, many teachers used to run clubs when her older relatives went to the school. Medina also believes there is also less respect for teachers, especially when it comes to texting in class. Respect was not as much of a problem when she was a student.

Q: So why teach at East?

The position was open and I wanted to come back eventually.

Q: What were you a involved in during your time at EHS?

Swimming, Jazz Band, Regular Band, Show Choir, Regular Choir, plus some AP classes.

Q: What is the same at EHS since your time as a student?

The joking around, humor and sense of pride as a school.

Being known as an "underdog" school seems to unify the students even more, and also being proud about going to East.

Q: How has the school system changed?

Money gets dumped into stuff like Central Campus, the best schools, while the rest of us need it more.

Q: What is your opinion about changes at EHS this year?

Let's compare it to the 2008 election. Before we elected Obama everyone wanted change, when elected he



Jennifer Medina (class of '90) poses with her mother, Mary Lou Wilson ('67).

changed things, and many were upset. We needed change, and we still do; not one person or policy will be the magic elixir.

Q: How could we change?

I feel like EHS administrators, teachers, parents, and students must unite and agree on expectations for education, and then move forward to meet those expectations.

Q: How do you want EHS to be seen in our community?

I want it to be a place parents want to send their kids. I want it to be sort of like a beacon of hope.

Q: How would you like to see EHS in 10 years from now?

Personally, I would like to see more parent-teacher association, community involvement, and EHS students and alumni living up to "For the service of humanity."

Medina has had many family members who have attended EHS.

On her mother's side:

Burt Wilson- Medina's great grandfather who helped move desks from the old location to the 1910 building

Wayne Wilson- Medina's grandfather who graduated in 1933. He participated on the swim team.

Mary Jo Andrews- Medina's grandmother who also graduated in 1933. Andrews was president of the Modernists Club.

**Medina's grandparents actually didn't know each other until after they graduated high school.*

John Wilson- Medina's great uncle who graduated in 1935. He fought in WWII and was killed when his plane got shot down in France. His name is carved in the Memory Spiral located on the southwest lot of EHS.

Mary Lou Wilson- Medina's mother who is a 1967 EHS graduate. She became a teacher later on in life.

Betty Jane Wilson- Medina's aunt who graduated in 1968. She also became a teacher.

On her father's side:

Jerry Wickersham- Medina's father who also graduated in 1965. He was very involved during his high school years. He participated in swimming, theatre, and other things involving singing.

His siblings also attended EHS; Richard, Tom, Jim, and Sarah.

Not everyone in Medina's family with connections to EHS was listed; this is to just give an idea how much history her family has as Scarlets.



Her grandparents (left) and father (above), the class of 1965.

-Melissa Craig ('12)

Mike Zelenovich

Zelenovich brings back the memories from his good ol' days at dear East High

Mike Zelenovich, "Mr. Z" or "Z" to those who know him well, left a lasting legacy when he departed from East at the end of the 2009-2010 school year. Many alumni will remember Zelenovich for his large smile and high-fives in the hallway; however, there is much more to the man who served as East High's principal for five school years.

Q: How many years did you work at EHS?

I was the vice principal from 1988-1994 and the principal from 2005-2010.

I was also the principal at Goodrell from 1994-2005. I was able to be part of a school transformation process which moved Goodrell to magnet Status and became the first traditional secondary school in Des Moines Public Schools.

Q: What is your current job?

I am now the Activities Director for DMPS.

Q: Did you grow up in Des Moines?

I was born and raised in St. Louis and graduated from Drake. That is my connection to Des Moines.

Q: Did you attend EHS?

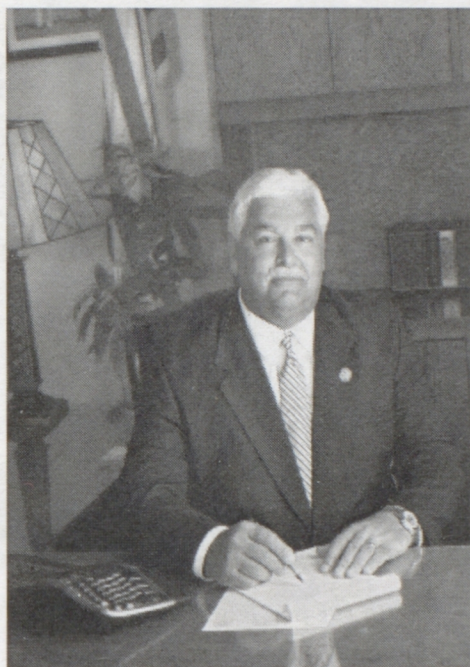
I married a girl that graduated from East and we met at when I was at Drake.

Q: Are you two still married?

Yes.

Q: Have you had any friends or family members graduate from EHS?

I have had many friends that I have met living on the East side who graduated from East. My mother-in-law is an East High graduate, my wife is a alum and my three children have all graduated from East. So I'm



Mike Zelenovich worked at EHS for ten years.

part of a family that has three generations of East High Scarlets.

Q: What are your favorite memories?

When I was a VP and I witnessed my first EHS class day, when the 1991 baseball team made it to the state tournament, the first alcohol-free post prom party, and my first alumni banquet in May of 1989.

Q: Memorable sports events?

When the girls' softball team became state champs in '06, girls basketball of 2010, our football team making the playoffs, the games my kids played, and the '07 Drake Relays.

Q: Any memorable students that stand out over the years?

There are too many kids to try and single any one student out. I think every kid is unique in their own way. I feel like I have been blessed to be a part of this community.

Q: Who do you think was the most legendary principal at EHS?

May Goodrell and Duke Williams. They named a school after May Goodrell and the EHS stadium after Duke, so you would have to say that those two are pretty legendary.

Q: What are some changes from when you were at East?

The enrollment increase, it's a lot more diverse, the remodeling, and the establishment the 9th grade building two years ago.

Q: Do you wish you were still the principal?

East High has always been a pretty integral part of my life as an educator, parent and community member. There will always be things that I miss about East High School not being the principal. Most notably the people (teachers, kids, parents and community members) But my new role seems to be a good change for me at this stage of my career. I still get to work with kids, but kids from all over the district. East High will always have a special place in my heart.

Q: Can you think of anything life changing that happened to you while the EHS principal?

I think the thing that impacted me the most is that as principal you realize just how important the job is. You are not only responsible for the students in the building currently, but you are entrusted with the stewardship of a school and community that has been the focal point of the East side for generations. It is truly a humbling experience.

*-Riley Fisher ('12) &
Felicia Rangel ('12)*

Ruth Ann Gaines

Legendary drama teacher moves to Iowa House of Representatives

Ruth Ann Gaines worked at East High School for 40 years, from the fall of 1971 to the winter of 2011. Gaines grew up in Des Moines where she attended preschool at Saint Joseph's Academy, then on to elementary school at Saint Ambrose, which had grades 1-8.

For high school Gaines went to Saint Joseph's Academy and after high school attended Clarke College in Dubuque, Iowa (now called Clarke University) and the University of California. Gaines received her Bachelor's Degree for Arts in Drama and then got her Master's Degree for Dramatic Arts in 1970. Before she departed from East to join the Iowa House of Representatives, she took time to answer a few questions.

Q: Why did you come to East High School?

There was a job opening here for a full time drama teacher. The principal Earl Bridgewater liked me so I got hired.

Q: What did getting a new job mean to you?

I got to use my leadership skills. I was going to be working with adults who respect me. I will continue to make a difference in the lives of people.



Gaines connects with the cast following the last performance of "Up the Down Staircase."

Q: Did you ever dream of being a state representative when you were a teen?

I always knew that I would be in a political office. I was president and vice president of the student body in high school. I didn't know I was going to be a teacher that was the surprise.

Q: What was the funniest thing that happened to you at EHS?

When I was taking roll and when I got started people were falling out of the closet. Some of the students would also ask me out on dates. The guys would also fight over sitting in the front of class. This was when I was younger.

Q: What do you think your time here at EHS has been like?

I think I've had a great career. I have touched a lot of lives. Kids always remember me as their favorite teacher. I know I will

be missed. I want to go out on a high.

Gaines feels that her biggest impact at East was not in drama, but in the diversity and human relations among students.

She enjoyed teaching drama but teaching kids the way of the world's values and how to treat each other is what she feels she most accomplished.

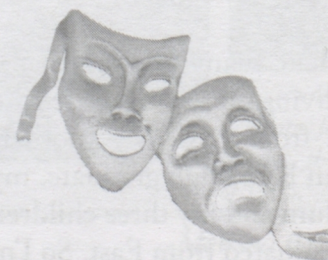
In 1990, Gaines worked with Jerry Stillwell, a former principal, for culture change and respect for diversity.

In 1998 she was named the Iowa Teacher of the Year.

In November 2010 she was elected to the Iowa House for a two-year term.

She is a mentor for hundreds of students. She gave them things that sometimes parents could not offer; in fact, many of the students graduated because of her. East High will miss you, Ms. Gaines.

-Brianna Boner ('13)



Leslie Dahl Knudson

Current Alumni Association president witnessed Title IX become a reality

Leslie Dahl graduated from East High in 1976; a few years later, she completed her college degree from The University of Iowa.

She was born in North Dakota but moved to this community when she was just two years old. She currently serves as president of the East High Alumni Association.

Q: What was this place like when you were at East?

East's rich heritage and tradition were evident in the Scarlet spirit and Lee Township pride displayed by the students, faculty, parents and alumni. Everyone had a common goal: to make East the best school in Des Moines.

Many students were the second and third generation in their family to attend East and their "red & black" loyalty ran deep.

When I attended East, there were only three grades (10th, 11th & 12th); 9th grade was still at the junior high schools.

Q: What else do you remember about your time as a Scarlet?

When I started at East, for the first time in many years, "open scheduling" was enacted where students chose the classes & teachers they wanted at the time period they wanted.

East had many excellent teachers, several of them East alums, who cared about students and willingly, gave of their time outside the classroom to sponsor various clubs and activities. And there were an abundance of activities, clubs and teams for students—literally something for everyone and there was great participation.

Q: Were there any major changes to the building during your time here?

East had just completed a building project in 1973 that included a new cafeteria, library & classrooms—and all with air conditioning, which was a real treat on hot days! The "old cafeteria" was turned into a Student Center complete



Leslie Dahl Knudson, the current Alumni Association president, with her husband Greg Knudson.

with a jukebox; TV; ping pong, air hockey and foosball tables; and bold painted graphics on the wall that included the Scarlet Indian mascot. Ice cream, pop and candy were also sold in the Student Center during study periods and after game dances were held there as well.

Q: Were you an athlete?

The passage of Title IX legislation in 1972 made it possible for me to play basketball at East—prior to 1972, East did not have girl's basketball. My sophomore basketball team won the Metro Conference, back when the conference included all the Des Moines schools plus Valley and Dowling.

Q: Are you still connected with friends from high school?

My memories of East are wonderful: teachers, classes, activities, clubs, athletics and long-time friends. Every other month, I get together with five, close girlfriends from East and we still have as much fun as we did back in high school, although the conversations have definitely evolved.

Q: How did you become the Alumni president?

I was asked by the Alumni Association Board.

Q: Did you always plan on being the president?

No. I became involved with the

Alumni Foundation in 1997 when I was asked by my classmates, Mark Clark and Jerry Wanek, to produce an alumni newsletter. Mark and Jerry were both Alumni Association presidents, in 1997 and 1998 respectively, so I am the third member of the Class of 1976 to be the Alumni Association president.

I joined the Foundation Board, which focuses on raising money for student scholarships, and became re-connected to East High.

Q: What are some of the demands of working with the Alumni board?

The main function of the Alumni Association President, along with many volunteers, is to plan and produce the annual Alumni Reunion and Banquet, which is always held the second Thursday of May.

Q: How many members do we have in the Alumni assoc.?

The alumni mailing list includes about 20,000 people.

Q: What are some of your best memories you had from East?

Friday afternoon pep assemblies before a game were always fun & exciting & included speakers, skits with students & teachers, the athletes, the band, cheerleaders/steppers/ color guard. It was a great way to fired up for a big game.

Sometimes these were held in the auditorium & sometimes in the gym. For Homecoming, our Scarlet Indian mascot would be on a horse for the assembly, parade & football game.

Our annual '50's Day was very fun! Students, teachers & staff all dressed the part & we had assemblies with skits, music, contests (hula hoop, bubble gum blowing, costume, etc.); people drove 1950's era cars, and we had an after school dance ("sock hop") with a live band playing all the great songs from the 1950s.

-Crystal Jasper ('13)

Mark Hurley

After 39 years of service, Hurley decides to retire and focus on research

Mark Hurley, an East High School P.E. teacher, will be ending his 39-year career this year. He has been an exceptional teacher and friend to many people here in the East community and will be remembered for a long time.

Hurley has taught in many Des Moines schools including Adams, Garton, McKee, McKinley, & Washington. Only Garton and McKinley are still open as "regular" schools today.

Hurley attended many colleges; he has a bachelor's degree in physical Education from St. Benedict's College in Atchison, Kansas. He has four graduate degrees from Drake University, a Master's in Elementary School Administration, and a Master's in Secondary School Administration and in Public Administration and a Specialist Degree in School Administration.

Q: Has retiring affected you in any way? Any happier or sad about leaving?

I am more relaxed now that I am retiring.

Q: What are you planning to do your last year?

Still coming here for High Schools Athletic Historian (it's a committee about the history of the athletics at East).

Q: How has your 40 years been? Overall how would you describe your years?

Great, if not I wouldn't have stayed, enjoyed coaching football, swimming, track. I coached track for 19 years.

Q: Do you remember your first day at East?

Yes, it was a lot larger than my previous school, six hundred kids. Some I had already taught, it surprised me a lot.

Q: What has been your favorite thing at East?

Interaction with kids.

Q: What year do you remember the most and why?

An event in 1982. I think what I was an assistant on the football staff at the same time that my high school football team was introduced at halftime. It was the Dowling homecoming and East was the opponent. I was in my East coaching uniform and was introduced at halftime as a Dowling alumnus. It was just a personal memory as my nephew was escorting the



Mark Hurley ends his 39 year career at East High at the end of the 2010-2011 school year.

homecoming queen behind the alumni from that team. After being here for this long, there are hundreds of great memories but I think that is what we were talking about.

There are lots of great memories of this place. I coached three record holders (two in track and one in swimming) that are still record holders after 10+ years. I was able to coach football and the teams I was coaching beat the high school I attended (Dowling) and that was a great memory.

Q: What students do you remember the most?

A lot. I coached and taught. Andrea Brockman, she wanted to drop out her sophomore year, then got a lot of scholarships, and became a research scientist.

Q: I heard you're going to write a book about EHS -- what will your book be about?

It really is not a book unless someone makes it into one. I will be researching the history of athletics at East High School -- coaches' names, when each sport started, state qualifiers, etc. We first played football in 1895 and there are some records of track before that.

Q: Do you think you'll be remembered

at East? If, so for what?

Hope so, good experience while coaching.

Q: Did you grow up around East/ if not where?

No, I went to Dowling on the west side of Des Moines.

Q: How have East students changed?

They've changed just like everything else's changed.

Q: Do you think you'll stay in the East High Community?

I live outside of DM, my wife graduated from East in 1975.

Q: What kind of stories would your wife tell you about East?

My wife attended East at a time when the girls had female gym teachers and were separated from the boys. All P.E. classes had to take showers and staff had to check that students took showers. She also attended East at a tough time when there were riots here in the hallways so that was not much fun. I am glad to say that those times are also not reflective of my experiences here at East as I have loved being here.

Q: What made you become a P.E. teacher?

I enjoyed athletics and wanted to coach.

Q: What college did you graduate from?

I attended eight or nine different colleges. I have a bachelor's degree in physical Education from St. Benedict's College in Atchison, Kansas. I have four graduate degrees from Drake University -- A Master's in Elementary School Administration; a Master's in Secondary School Administration; a Master's in Public Administration and a Specialist Degree in School Administration.

Q: What was the previous school you went to before East?

I have taught in the DM schools at Adams, Garton, McKee, McKinley, & Washington Grade schools. Only Garton and McKinley are still open as "regular" schools. I also taught for two years at the Catholic Schools in Fort Dodge, Iowa.

Q: What was your favorite sport to coach?

Track.

-Carlos Silva-Trejo ('13)

Faces of the Past

-All photo pages compiled by Jessie Vance ('12)



1997



1992 East Formal

EAST HIGH SCHOOL
12-B FORMAL 1992



1905 EHS Student



1978 Volleyball



1989 Track



1995 dance



1985 Cheerleaders

Janice Baker

This EHS graduate is dancing her way through life

Janice Ann Baker, from the class of 1971, is widely known in the East High community for directing and choreographing over 50 plays for the Ingersoll Dinner Theatre.

She is currently an assistant professor of dance at Iowa State University; she has been in that position from 1982.

Besides her job at ISU, she also currently owns and operates a business called The Dance Place.

Q: What is your current relationship to East High School?

I do choreography with Ginger Johnson; we have been working together for the past five years. Previously, I worked with Charles Carnes.

Q: Have you had any memorable experiences at East? If so, please list them.

*Scarlet Singers (the first edition!)

*Susan the Silent in the production of *Finnegan's Rainbow*.

*Aiding with choreography for later editions of Scarlet Singers in 1976.

*Purple Cow Player for Toni Johansen and Charles Carnes.

Q: What was your favorite memory from East?

I am most proud of the holiday off-site performances we did to raise dollars to go to Europe. We sold Christmas trees, oranges... we sold everything under the sun."

Q: Tell me about your East High connections?

My father is a graduate of East High. I live on the East side. I have a lot of East side pride.

I am a business owner on the East side of Des Moines also.

Q: Did you learn any important



Janice Baker is a professor, an EHS graduate, and an East side business owner.

lessons here?

Your effort equals your reward.

Q: What have you accomplished in your life so far?

I am a tenured professor at Iowa State University. I've mentored thousands of students in a 30 year teaching career.

I am also an associate director of Iowa Dance Theater, which included a Dracula ballet performance at East in 2010.

I also mounted my own participatory Nutcracker at The Ingersoll Dinner Theatre.

Q: Please tell us about your business, The Dance Place -- what do you enjoy about this business?

I enjoy watching people come to dance and find success. Through dance, students find a connection between the mind and body, which transfers to everything in life.

Q: What was the Ingersoll Dinner Theatre?

A business that began as a summer stock theater from East High School students and teachers Charles Carnes and Toni Johansen.

Q: How did you wind up teaching dance?

I have always danced. It is what I did as play as a child. I assisted my teacher, Betty Watson, when I was only ten; she taught me from the time I was six until I was sixteen.

I attended undergraduate school for dance at the University of Utah and then graduate school at Kansas State. I also worked for the Des Moines Ballet as a teacher and dancer.

Q: And teaching at ISU?

I was guest dancing for Dance Co'Motion Theatre in for the ISU dance program Barjche. After the performance Betty Toman asked me to interview for the job of jazz and ballet instructor at ISU. I was hired in 1982 to replace a late resigning instructor and was asked to stay.

Q: How would you describe the community?

It's comfortable, friendly, growing supportive...room to expand. They will do anything for their children.

Q: If you could go back and change one thing in your lifetime, what would that be?

I would eat even more vegetables and fruits, less fear and more laughing, tons of yoga....and lots of wild monkey dancing.

Q: Any words of advice for young dancers out there?

Go to classes. Take a little bit from different teachers and get your own viewpoint.

-Alune Phaisith ('13)

Lois Bright

100 years young and still a community activist

Even after turning 100 years old, Lois Bright is still incredibly active in the East side community today. She has donated money to help, not only the East side and the Des Moines area as a whole, but students on their way to college as well. She and her husband started the Bright Foundation, a small foundation that helps people and businesses in Iowa.

Q: Where did you grow up?

I grew up in a small town called Lineville. It is on south border of Iowa, 65 miles southeast of Leon.

Q: When did you move to Des Moines?

I moved to Des Moines in June of 1929. I was just out of high school to work at Rollin's Hosiery Mill. My aunt had worked there and got me a job. I ended up staying with my aunt. I worked there until 1942. The building is no longer there because it was later bought by Firestone Tires.

Q: How do you think school is different now for kids than it was for you? The East side community?

It has changed a lot! Back then, the students learned more from the teachers because the class sizes were so small. Students now do not get as much attention and suffer because of it. The East side community has also changed a lot. The buildings, the homes, the stores, it is all very different.

Q: Why did you choose to stay in Des Moines? What kept you on the East side?

I had a boyfriend [her husband] and job here. I needed the work and money. I made the seams on women's panty-hose and was paid for every pair I made. I stayed on the East side because my niece, nephew, and all of my friend's children went to East. I had a lot of family and friends on the East side.

Q: What is your involvement in the community today?

I have supported the summer read-



Lois Bright at 100 years old.

ing programs at the Des Moines libraries for multiple years. I help with the Hospice Bright Kavanaugh. I also helped with the community gym at East High School. I try to be very involved in the East side because I lived there for so long, even though I am now a Westsiders.

Q: How do you feel when you help someone in the way that you do?

It gives me a good feeling in my heart. I think helping young people is important. Helping them figure out what it is they want to do with their lives. Trying to help others also helps me in a way. It just makes me feel good.

Q: Of your achievements, what are you most proud of?

I am not one to brag about my accomplishments. I think I am probably most proud of the libraries. Helping young kids find their love for reading and also helping renovate the libraries. I am also proud of The Hospice House Bright Kavanaugh.

Q: What do you think East High School should be most proud of?

It is the East side against the world. It's a good school. Kids are better than

those on the West side. The work ethic of the students is very good as well. They know what hard work is.

Q: Can you tell me a little bit about the Bright Foundation? What is your role in the organization?

We have officers, directors and all of the jobs any organization has. It is a small organization. We try to help young people going on to college. Dale and I set it up together and it started out small. We have been very fortunate. I am the President of the company. Three times a year the directors, the rest of the board and I meet and decide who or what we will help.

The East High Community Gym was one of the projects that we decided on at one of our meetings. I have been very fortunate with the program and have been able to meet a lot of people through the foundation.

If I could help at least one child, that would be my pleasure.



Dale (left) and Lois Bright (right) established the Bright Foundation in 1997. It is designed to help young people attend college.

-Hannah Bailey ('13)

Bill Jensen

From EHS grad to owner of his own Chevrolet dealership

Bill Jensen, a 1949 graduate, is an East High icon. A successful businessman, he got his start as the quarterback for the football team; he was also a well-known basketball player.

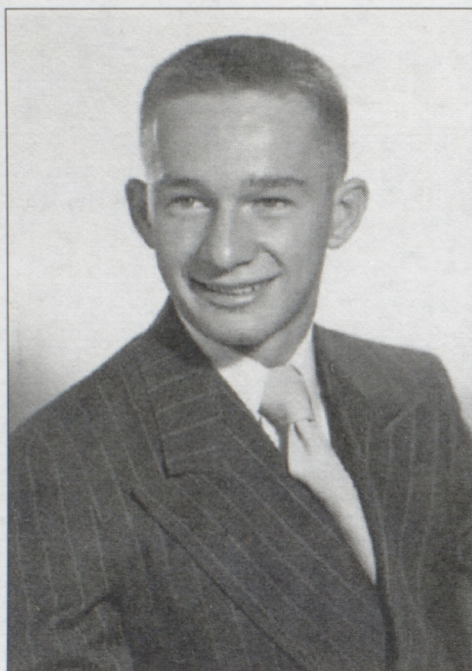
"I'm proud to have been born and raised on the East side," said Jensen.

Jensen was raised during The Great Depression and graduated after World War II. This was a hard time for everyone and Jensen said that "everyone was broke."

During Jensen's time at East High, he was very involved. In addition to football and basketball, he was the Student Council President and he was a member of the Senior Board. He also ended his senior year in the top three percent of his class.

Jensen's life as a student was different than what students experience now. Today, we have computers and better technology. During Jensen's time, they didn't have a lot of technology.

Another thing different than how it used to be is the school spirit. Today, you see the stands semi-full with a fairly big student section. In Jensen's day, he once led his football team against Roosevelt at Drake Stadium and the stands were filled with 18,000 people.



Left: Bill Jensen circa 1949. Right: Bill Jensen poses for a picture in 2005. He is still living a great life with his wife Joann.

After East High School, Jensen became a page for the State Senate. When his term of being a page was over, he was left with no job and no money. Jensen had a friend who recommended him to work for Crescent Chevrolet.

He started working by parking cars and soon became a manager. Later on, he became the co-owner of Crescent Chevrolet with Jim Pigget in 1974. In the year 1980, Pigget died and the Crescent Chevrolet became Bill Jensen Chevrolet. The business was located at 5th and Keo Way. Jensen worked as a salesman and manager of the dealership. He ran his business until 2007 and then he sold it to what is now, Deery Brothers Chevrolet in Pella, Iowa.

"The people (customers) sometimes stressed me out but that's like any place else," said Jensen.

As a EHS grad, he attended the famous GM Institute in Flint, Michigan. While there, he earned money by tutoring students in math and working as a janitor. During his years at the GM Institute, he met his wife.

"In order to earn money, I tutored three students in math for five bucks a piece. Thanks to my EHS math

teacher Mr. Wilson," said Jensen.

Jensen later married his wife Joann and had four kids: Sherrie (55), Bill Jr. (53), Julie (50), and Jim (45).

Jensen is still connected to his high school friends. In fact, he still meets with a group of really good EHS friends. The group of great friends first met at dear ol' East High. Due to old age, there are only six of them that to this day still meet. The group meets about twice a year and have a nice dinner, normally at restaurants.

"We've always been together, even from high school," said Jensen.

He now resides in Urbandale and to this day, he's still a Chevy lover.

"I still drive Chevy's; you could call me a life long lover of 'em," said Jensen.

-Katelyn Worple ('12)

Randy Nordaker

One man, one school, one identity

Imagine high school life in 1969. The country was in the middle of the Hippie movement and the Vietnam War. With all the monumental events, Randy Nordaker, a teacher at East High and 1972 graduate, chose to follow his own path.

Nordaker came from the East side of the Des Moines River. He grew up in Des Moines and started high school here at East in 1969.

Nordaker attended East High from 1969 to 1972. He says, "Times were different; you were either a hippie or nerdy (me). We all survived together."

Speaking of boys and girls, it was not common for someone to date anybody from across the river. If you were from the East side of the river you didn't cross, same as West sides.

"We had family on 'that' side (West side)," said Nordaker. "I'd look around the street to see if any-



Nordaker smiles for a picture in his classroom at East High School.

one was out there, so I wouldn't get beat up."

All these rules unwritten would be enough to tear our hair out but Nordaker pulled through like he always has for East.

In Nordaker's earlier days, as a student he and six other people started the organization called "Polk Coun-

ty Youth Association for Mentally Disabled Children."

They used to teach swimming and had monthly square dances with the mentally disabled. At the square dances the mentally disabled would be mixed up with volunteers and they would have fun.

Also, Nordaker received a personally signed letter from President Richard Nixon for his group's work and is proud that the "Happy Swingers" group still dances on in our community to this day.

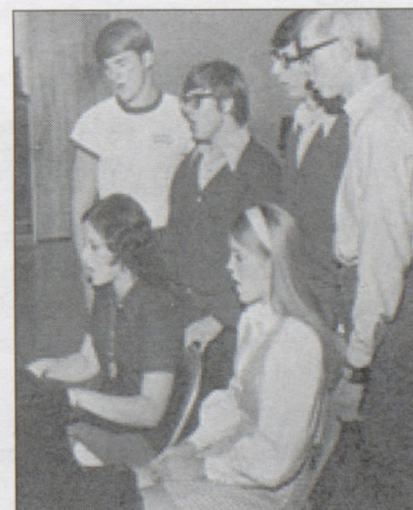
Randy Nordaker has done many things for our school and community. Today, he teaches science and helps to run East High's Special Olympics program.

-Brianna Boner ('13)

Nordaker pictured in the senior section of his 1972 yearbook.



Randy Nordaker (far left) is pictured here with some of his 2010 Special Olympics athletes. He has been involved with the program for 25 total years.



Nordaker (far left) is pictured here in his 1972 yearbook.

Tron England

Educating the young, preparing kids for East High

Tron England, although not born an Eastsider, has spent most of his life surrounded by the East High spirit.

England, an educator at May Goodrell Middle School moved to the East side from Ankeny when he was just 11 years old. He attended East High in the fall of 1988 as a freshman and left as an alum in the spring of 1992.

"My favorite memories from East come from having wonderful times with friends. If it weren't for this school I wouldn't have met my wonderful wife either," said England.

During his time at East, he played on one of the best football teams East has ever seen. The 1989 team won their conference and barely missed the opportunity to play in the semifinals at state. They won more football games than any other team at East.

England also enjoyed being a hall monitor and a part of the Light/Sound crew. Although England enjoyed his many activities in school, he wishes he could re-live his high school experience in the classroom.

"Unfortunately I did not take my



Tron England in his 2011 school photo. England teaches at May Goodrell Junior High.

education serious enough until my junior year, which is why I constantly harp at students to keep their grades up," said England.

After graduating from East, England decided he wanted to be a

teacher and a coach. He began coaching at East in 1994 and was hired at Goodrell in the fall of 1997 and has been there ever since teaching computer skills and the media class.

England said, "I am fortunate enough to be teaching with several people that have graduated from East and I have intentionally stayed on this side of town to teach – PRIDE."

When England isn't teaching he likes to spend his time with his wife and his son. He enjoys coaching his son's teams and playing an occasional game of golf. He still loves being an East alum.

"East has always been known for its strong commitment and loyalty to its side of town," said England. "This sense of pride is very well known, not just in the local community but also nationally- with having the largest alumni association in the United States.

England hopes to build a closer association with the school and rekindle his love for East High.

-Courtney Custard ('12)

EHS

Championships:

Swimming Champs 1923,'24,'25
Editorial Contest IHSPA 1924
Track District Champs 1925
Golf State Champions 1928
Drake Relay 80 yard relay 1935
Track State Champions 1935
Valley Relays 1939
7-7 Football Champs 1944
IHSAA Tennis District Champs 1944
District A Track Champions 1949
Cross Country run team champions 1959
Wrestling Champions 1960
Trouble Shooting Contest 2nd place 1965

East High School has experienced many great times in its history; these championships make up many of those memorable times.

District Singles Winner Tennis- Kathy Maschke 1966
JV Debate 1st place Bull Creek 1978
Girls State Basketball Champions 1979
Boys Baseball class AA champs 1980
Softball State champions 1981
Boys Track State Champs 1981
State Baseball Champions 2-A 1980
Girls Basketball Regional Champs 1980
1st place International Cheerleading Foundation 1985
Baseball state runner up 1991
2nd place Iowa State Drill Team 1992
Volleyball Champions 1993

This is just a short list of EHS championships; East has experienced many great victories.

Jennifer Williams

School Improvement Leader and mother of two East High graduates

Jennifer Williams has started a tradition for her family: attend East High School...and then work here!

Williams, class of 1984, works as a School Improvement Leader, or SIL, at East. Her job is focused on making EHS better by mentoring sophomore students and working with various departments with their curriculum needs. She also helps to plan professional development.

Williams has certainly started quite a legacy. Her eldest daughter, Sydney, graduated from East in 2007 and her second daughter, Madison, is currently a senior (a 2011 graduate).

Q: How long have you been working at East?

This is my first year as a SIL, but before that, I supported East at a district level in curriculum and Special education.

Q: Can you tell me more about your job as a School Improvement Leader?

Well, I work with 10th graders and the English Department, the Special Education Department and also I help with planning professional development.

Q: Being an East grad, how has East changed from your perspective?

The building has changed a lot; there is a lot more diversity which in my mind is better. East still has some of the same teachers, like Mrs. Adams. We also used to have type-writing classes instead of having computers.

Q: Your daughter Madison is now a senior, how does it feel to now have an East legacy?

It feels good to have an ongoing legacy including my daughters, brother, and uncles; it's great. East



Jennifer Williams, a 1984 graduate, was a member of color guard during her high school years.

has one of the most active alumni in the nation.

Q: What are some of your greatest memories you can never forget in your years as a student at East or a SIL.

As a student, I can never forget color guard: we won the state competition. Back then we used what is called a drum line instead of music. I remember some boring teachers... but mostly my favorite teachers. I especially remember speech class.

You know how students take home fake babies or carry around a sack of flour? When I was in high school at East, we had to take care of a raw egg. Mine was named Clyde and I still have the thing to this day.

Also, my favorite class was yearbook.

Q: What kind of work did you have to put toward getting your job at East?

Before I worked at East I went to college and got my bachelors degree from Iowa State. I went back to school and got my masters degree in reading and literacy, and eventually administration.

Before becoming a SIL at East, I worked as a teacher for 18 years, I went to a lot of training. I also had to learn how to work well with others and develop leadership skills.

Q: Did you always think about working at East High?

I always thought I would work as an elementary school teacher. I was surprised and very excited to be at East High School.

Q: Do you attend sports events or activities at East?

Yeah! I've always loved to go to activities such as basketball, football, tennis, track meets, music/band events, IHSSA, and a few swim meets.

Q: What's your best memory at East High?

Well prom was always fun, but wasn't my favorite memory. My best memory is when the girls' basketball team went to state and got 2nd place in 1982. This year was our year and we dominated.

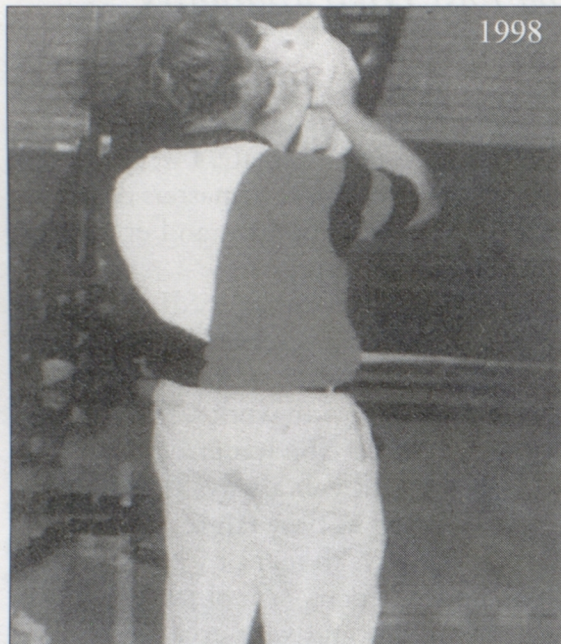
Q: Tell any details about Madison like, activities she does, groups, etc...

She is the captain of the color guard team, she is on senior board, and she's in IHSSA, yearbook, National Honor Society, and also makes the best cupcakes.

Another thing not many people know about her is that she wears a hearing aid. I am very proud of everything she has done. She is a true Scarlet!

-Lauren Holmes ('13)

Faces of the Past



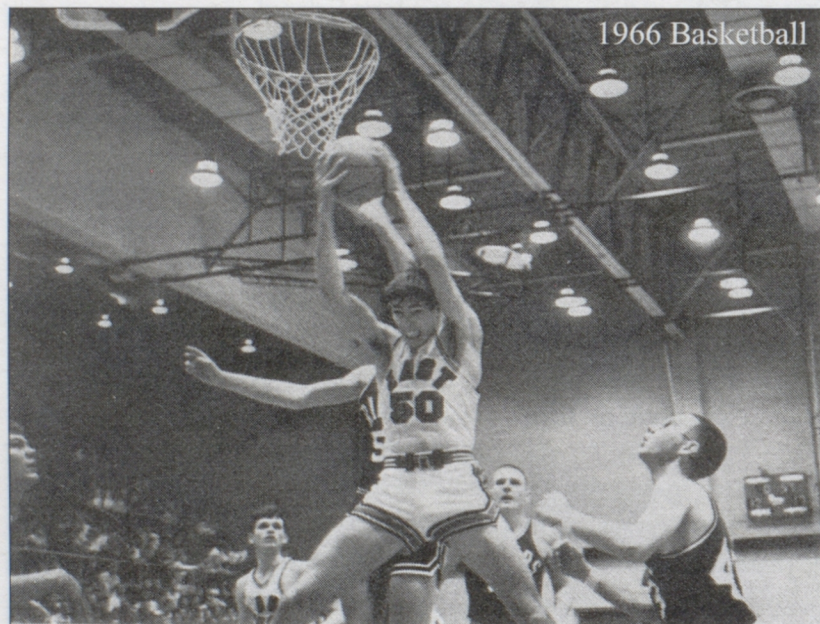
1998



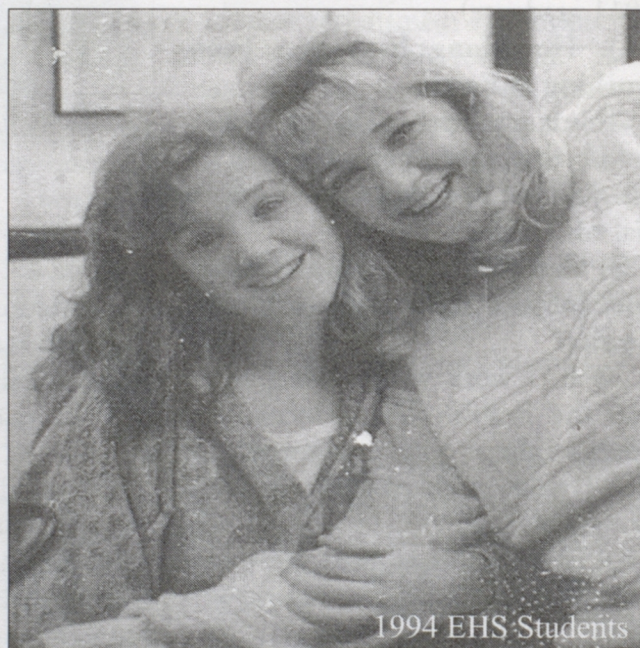
1985 Valentine's Spree



1978 Camera Guy

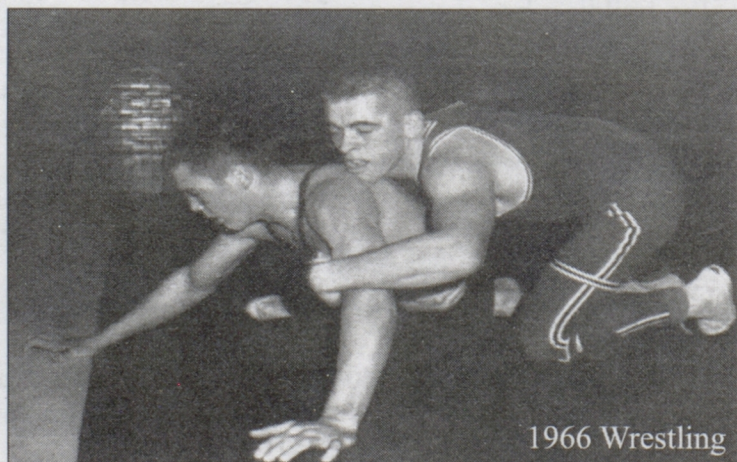


1966 Basketball



1994 EHS Students

1975 Billboard



1966 Wrestling

Diane Fleming

EHS employee has been a fixture in the main office for five principals

Since Diane Fleming has been employed at East High School, she has worked under the leadership of five principals. As the executive secretary, she helps the school run efficiently, both behind the scenes and while interacting with hundreds of people each day.

Q: How long have you been working here at East High School?

I've been telling people a range of numbers but it's been 26 years.

Q: How has the educational system changed between then and now?

There are many more programs dedicated towards teaching. Saturday school, varied classes of all kinds, and other things like that.

Q: How was the school's atmosphere 26 years ago?

It was a tighter community. Only people who lived on the East side went to East. Now we have people from all over and it's more open.

Q: Are you a former student of East?

I'm not. I went to a small school, Wayne Community, in Cordon, Iowa. My graduating class had around 67 people.

Q: Are there any important events that come to mind in your time working here?

We've had a renovation, presidents and candidates have come to visit the school, all sorts of things. There's a picture of Reagan on the old front steps somewhere in this school.

Q: How has East affected you as a person?

I get to meet a lot of different people. That's one of East's strong points. It has a lot of diversity and there are people from all over learning in these two buildings.

Q: How has working with the staff been?

The staff has been great. I've been



Diane Fleming, posing here with a student helper about to give the morning announcements, is the executive secretary at East High School.

here for a long time and the staff has always cared about each other and especially the kids. They're very welcoming.

Q: What do you like about your job?

There is always a variety of things to do and the staff is very friendly so I always enjoy myself.

Q: You've been through five principals, correct? How hard is transition from one to another?

It honestly hasn't been very hard at all. With a school this big, everyone is used to easily adapting.

Q: How has the look of East changed since you started?

The offices used to be in the old building. I miss the marble floors and the windows that look outside. I like that we have more space now, though. I really miss seeing the freshmen and I wish they would be moved back into the main building.

Q: What changes do you think will occur in the school system in the next 10-20 years?

I think it will change greatly. With technology, online classes are a possibility and the schools will have to adapt.

It's not necessarily a good thing because I think school needs to be social learning as well. It's about talking with people and making friends as well as learning new things.

Q: What do you think of East as a whole?

I've been working here for 26 years and if I didn't like it, I guess I would have quit already. The problems we have deal more with the outside world than the actual school. Struggling economy, kids with family problems, and many kids help support their family and this puts more of a burden on them.

Q: What do you look forward to seeing at East in the near future?

I'd like to see the freshman back in the main building. We're doing great but they need to be with the rest of the kids. I think we should have more programs as well so kids have a lot to choose from. Maybe move those down to the Walker building instead.

Q: How do you feel about the 150th Anniversary?

Well I've been here long enough to have looked through plenty of *Scrolls* and yearbooks and I have to say that it's really neat. There's a lot of history behind this school and I hope the community recognizes East since it's been here as long as everything else.

Even though some students never personally interact with Fleming, most understand that she is a vital part of this school. She's been working with principals to keep everything organized, helping people in the offices, and directing calls since many parents attended East High.

Fleming plans to work for at least four more years -- spreading smiles along the way.

*-Chris Johnson ('13) &
Jackie Khamma ('13)*

Gregory Alan Williams

East: Behind the scenes of a successful actor

"East is a place where we can feel free sharing our feelings," said Gregory Alan Williams, an actor who graduated from EHS in just three years.

After East, he pursued his acting career and even appeared in a popular movie named *Old School* and the HBO series *The Sopranos*.

He was a superstar in high school and won many drama awards at East in 1973. He managed to bypass many of the things that affected the school, just like a race riot that occurred during his years at high school.

Q: What was it like being at East when you were there?

It was, I imagine, just a regular school. East of course, is a very old institution, so there was a sense of tradition-- a sense that you were part of something. I grew up not far from East (the corner of Cleveland and Hutton) and throughout my life, East was a big part of the neighborhood conversation.

Q: What movie or acting experience is your favorite?

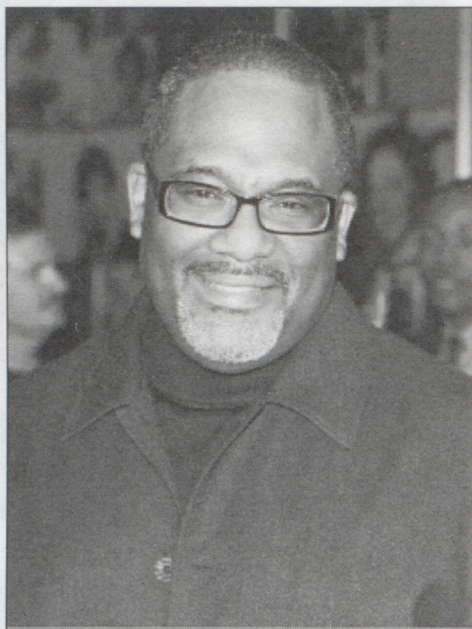
My favorite acting experiences so far were probably *The Sopranos* and *Baywatch*. *The Sopranos* was a wonderful acting challenge. *Baywatch* was just plain fun.

Q: Was there anything that motivated you in East High to become an actor? How?

My debate/forensics coach, Mr. Nelson really encouraged me to compete in two events Oral Interpretation and Dramatic Interpretation. My mother was quite talented with the spoken word and she had been mentoring me since I was very young. Mr. Nelson gave me the means of applying many of the skills my mother taught me.

Q: Is there anything you liked about East and Why?

Fresh baked cookies in the morning! I used to get to school early so I could



Williams was awarded "superstar" in high school for drama in 1973.

kick it with friends in the lunch room and enjoy milk and cookies.

Also, there was Ms. Gaines! When we first met her she was doing her student teaching. We all had a crush on her.

Q: If it wasn't for East, where would you be and why?

I would, most likely be doing the same thing. East was not a very nurturing environment for African-American students at that time. It was the early seventies, and many of the traditional values and attitudes held by the working class residents of east Des Moines were being challenged by new ways of looking at American and, indeed, the world.

The Vietnam War was raging and many historically disenfranchised Americans were demanding justice and equality. America was at a crossroads and so was Des Moines. Change often freaks folks out--and many of East's administrators and faculty were no exception.

Q: What was the biggest event that happened at East when you were there?

A race riot in the lunchroom.

Q: What happened during the race riot at East?

Actually, I'm not sure I remember exactly. I think it all started with something personal between a black student and a white student. Then, things went from being personal to racial.

As I mentioned, at the time, there was a lot of racial tension all across America. Many times, that tension brooded just below the surface of everyday life. I think the unrest in the lunchroom was one example of that tension bursting out onto the surface.

Q: Was there anything big and successful that you did at East High School?

I won a lot of trophies and a state championship in the Oral and Dramatic Interpretation events. I directed the East High Gospel Choir. I graduated my junior year.

Q: Were there other schools that hated East? Name some.

Lincoln and Central Campus!

Q: How did East High help you in accomplishing goals to you help you through life? And how?

Of course! The education was solid.

Q: Had any of your family members or friends graduated from East?

No family members but virtually all of the bigger kids in the neighborhood, not to mention the adults.

Q: Was there any sport that you attended at East?

I played some football my sophomore year.

Q: What was the most important thing that happened in your life over at East?

Certainly, the education. Access to a good education is a key component of our democracy. East has educated many thousands of Americans and continues to do so. What an important mission!

-Steven Cavan ('13)

Bullington Family

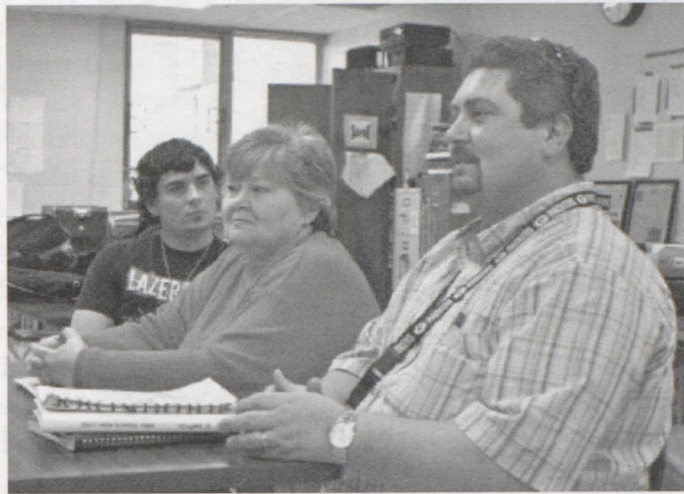
Five generations of Scarlets

East High School has many aspects that make it unique, but there is one thing that sets EHS apart. Over the past 150 years, generations of families have roamed the halls of East High.

One example is Tom Bullington's family; five generations of Bullingtons have attended or currently are attending East.

We sat down with three of the generations from EHS; they have many memories of the East High community through the years.

"When my mom, Glenda Wingfield, attended East the freeway just south of the building was not there, it was still neighborhood houses,"



East High Alums Tom Bullington ('84), his mother Glenda VanGundy ('64) and son Josh Bullington ('11).

said Tom Bullington.

Wingfield also remembers the "Sugar Shack" which was located near East where students could buy candy, gum and drinks -- this home was where the student parking lot is today.

Tom Bullington fondly remembers

the hamburger restaurant called Henry's, which is where Oasis sits today.

Tom Bullington is a Custodial Specialist for DMPS and has worked for the district for 21 years.

Glenda Wingfield retired from DMPS district food service department. She worked at Capitol View Elementary, Goodrell



Glen VanGundy ('37)

Middle School and retired from Willard Elementary.

"I didn't know that my great grandparents went here, to tell the truth, so I was surprised when they told me I was the fifth generation. It's kind of bizarre," said Josh Bullington.

-Alysia Millan ('12) & Teresa Clair ('12)

Bullington Family History at EHS Since 1916

-First generation: Pearl (Chamberlin) VanGundy, class of 1916 or 1917

-Second generation: Glen VanGundy, class of 1937, seven siblings, six of which graduated from EHS, Margot, Claude, Chester, Floyd, Dixie, Eunice (exact years are unknown)

-Third generation: Glenda (VanGundy) Wingfield Class of 1964, sibling Denny VanGundy, Class of 1963 (He has three children who are EHS grads)

-Third generation: Tom Bullington, class of 1963; siblings Carol Bullington, class of 1957 (She had three children, all EHS grads) and Nancy (Bullington) Cox, class of 1959

-Fourth generation: Tom Bullington, class of 1984; sibling Charlie Bullington, class of 1989

-Fifth generation: Samantha Bullington, class of 2008; Josh Bullington, class of 2011; Savanna Bullington, class of 2013

Traci Nalevanko

Nalevanko still lives the East side dream

Traci Nalevanko, a devoted teacher and 1983 graduate, has not always cheered for her students' success.

Back in her high school days, she was able to cheer for the Lady Scarlets at the state Basketball tournament.

"Lee Township against the world. We were the best. (It was) us against them," said Nalevanko.

Nalevanko now works at May Goodrell Middle School teaching sixth grade Language Arts. She is still active in groups like Battle of the Books, G3, and Pride Partners.

She also has advice for current students out there. "Get involved in clubs and activities. Strive to learn something new each day. Have fun and enjoy it," said Nalevanko.

Nalevanko was recently nominated for *The Excellence in Education Award* and got runner up along with four other potential candidates.

The award is sponsored by the Iowa State Education Association (ISEA).

The award is given to teachers who



Nalevanko in her classroom at Goodrell Middle School. She was a finalist for The Excellence in Education Award this school year.

show excellence in their teaching career and improve their students' education.

"The best part about receiving this award was being able to read the nomination letters that were sent in. I was very honored by the kind words of gratitude and appreciation

from former students, parents and a colleague. It is nice to know that who I am and what I do does make a difference," said Nalevanko.

After talking with this former Scarlet, it is clear that Nalevanko still bleeds East High pride.

She and her friends still live here and they wear East clothes to local events.

"I had a good education," said Nalevanko. "I took advanced placement classes and felt I was prepared for college."

Nalevanko earned her Bachelor of Science degree from the University of Iowa. She continued her college career at Iowa State where she received her masters degree specializing in curriculum.

Nalevanko, a young star in the educational field, is one of the hundreds of East High graduates who have pursued education as a career.

-Brianna Boner ('13)

Enrollment data at EHS

East High School has progressed into a racially eclectic school. Over the years, all different kinds of students have been accepted into the EHS community. Furthermore, from the year 2000 to 2010 there was a 20% increase in Latino student enrollment. Also in 2010, the U.S. Census offered the option of biracial/multiracial which now makes up for 5.7% of the EHS student body. This tight knit collection of many different people makes East High the great school that it is today.

1984:

0.2% American Indian
1.7% Asian
7.8% Black
1.9% Latino
88.5% White

1990:

0.1 % American Indian
4.0 % Asian
7.5 % Black
2.2% Latino
86.2% White

2000:

0.7% American Indian
5.7% Asian
11.0% Black
4.5% Latino
78.2% White

2010:

0.5 % American Indian
6.3 % Asian
13.7 % Black
25.2 % Latino
5.7% Multiracial
.1% Pacific Islander
48.5 % White

Jane Christenson

Previous office staff member and Stepper sponsor

Jane Christenson: A lady who defines the word dedication. She was a Stepper sponsor for three years and an office staff member for eight years.

Growing up in the Beavertdale area of Des Moines, Christenson graduated in 1968 from Roosevelt High School.

"Even though I didn't graduate from EHS, I have many ties within the school. I do know people who have graduated from the school and who work there," said Christenson.

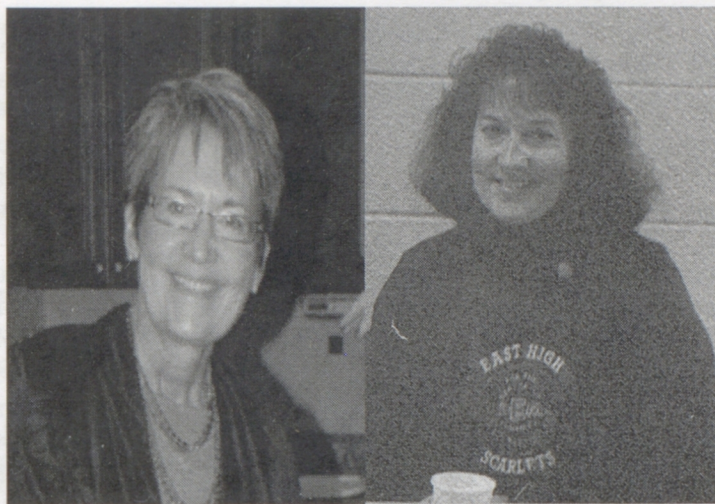
In fact, her husband graduated from East in 1968, her eldest daughter in '92, her son in '96, and her youngest daughter in '98. Along with her own family, she knows other East High alumni.

"My son-in-law also went to East. In fact, his mother (Carol Lortscher) currently works in the main office," said Christenson. "My husband and I also have friends who are a part of the alumna."

With a lot of binds, Christenson has many memories of dear 'ol East High.

"One of my favorite memories about the school happened during the '60s. There was a community talent show downtown. It was called the "Spotlight Parade" and I remember that the Steppers always performed at it," said Christenson.

According to her, the camaraderie



Left: Jane Christenson is a proud supporter of EHS academics, sports, and community.

Right: Christenson hard at work; She collected money from the pancake breakfast that was sponsored by the Booster Club.

amongst the staff was second to none.

"It was like a family, and I think that contributed to the climate of the entire school. We had substitute teachers come to East and tell us that it was their favorite school to sub mainly because of the respect they were given by the staff and the students," said Christenson.

Through a great amount of EHS pride shown then, East was known for their baseball and softball teams.

"It seems like East's softball program has always been good. Both the baseball and softball teams were top in the state," said Christenson.

In the spring of '93, Christenson took on the role of becoming the Stepper sponsor.

"After my mother passed away, I was at loose ends and felt like I needed a project," said Christenson. "Our oldest daughter had been a part of the group and during one of the summers they were without a coach."

Christenson allowed the content of practices to become the responsibility of the captain and co-captain.

"My job was to provide supervision and make sure the girls' conduct conformed to the rules as outlined in the Stepper constitution. I also ordered uniforms and made arrangements for summer camps," said Christenson.

According to Christenson, one of her favorite Stepper memories would have to be the Little Steppers dance clinics and when Stepper al-

ums performed the school song.

Along with being the Stepper coach, Christenson was an integral member of the office staff.

"I was at the desk right inside the door to the main office so usually I was the person who greeted people when they first came to the office. The main phone line to the school also rang at my desk," said Christenson.

Besides greeting people, Christenson collected information for the school bulletin, was responsible for bus transportation, wrote a monthly letter that was mailed to the families, the treasurer of the PTA, and a member of the Booster Club.

Being an active part of EHS, Christenson truly represented the motto of our school, "For the Service of Humanity."

-Kelsey Kennedy ('11)

Annette Bierkamp

Another EHS legacy stays connected to her Scarlet spirit

Dedicated, committed, and gracious are just a few adjectives that can be allotted to many East High school teachers. One of the teachers with the above traits has to be Annette Bierkamp. She has been a teacher here at EHS for 13 years.

Currently she is East's only chemistry teacher, though she used to teach both biology and earth science when she first began. It wasn't all that easy since she had to travel from class to class to teach because she did not yet have a room of her own.

"I was working at Hiatt for a year, and then I saw an ad in the paper for an earth science teacher here at East. I started with just earth science, and I switched the next year to teaching both earth science and biology. Then my 3rd year I switched back to just earth science and the year after that I started teaching chemistry," said Bierkamp.

This laboratory buff was not always a teacher, though. Before becoming an educator, Bierkamp worked as the manager of a lab. She soon realized that she preferred people over paperwork. She became motivated to become a teacher after seeing an article about a teacher who was making a quality living having



Annette Bierkamp, on the right, has been teaching at EHS for 13 years. Frank Burton, her father, is a graduate of the class of 1946. He also taught at EHS for two years.

graduated from college the same year Bierkamp did.

Even though she is now a full time teacher, she still spends time in the laboratory. Bierkamp also works at Mercy in the Microbiology lab, where she takes samples of bacteria to identify what patients are suffering from.

Mercy is also very flexible about Bierkamp's school schedule and even

allow her to bring in some materials to help teach students at times.

Drake University is where she received her degree to become a medical technologist. She graduated from Carlisle High school herself, but the East High blood runs through her. Her dad is an East High alumni from the class of 1946.

"My dad taught here from 1967-1969 and it means a lot to me that he graduated from East," said Beirkamp.

"He is very interested in life at East and his fellow classmates still get together after 65 years," she said.

Every year the factor that keeps her coming back to EHS are the students. She loves the diverse community of the school. Whenever journalists interview her for newspapers she always tells them she has the best students in the world.

She pushes herself to be the best for her students, and she pushes her students to be the best for themselves.

"I've learned never to give up on students; I've seen many kids who believed they wouldn't make it and have," said Bierkamp.

It's very clear that Bierkamp is a great member of the East High family.

-Arnold Sengsirivanh ('12)

Facts about EHS

Dr. Robert R. Denny is to be thanked for documenting so much of East High's history. Some of this information comes from his May 1994 publication that was compiled for the East High School Alumni Association.

East High School has been housed in several different buildings in its long and illustrious history.

In simple chronology, the dates and the buildings are:

1861 - 1877 -- Bryant School (Top floor) E 9th and Grand

1877 - 1891 -- Webster School (Top floor) E 12th and Lyon

1891 - 1911 -- East High was built as a senior high with laboratories, auditorium and cafeteria, E 12th and Court

1911 - present day -- In 1911, a "new" East High at 13th and Walker is constructed for a cost of \$400,000.

Additions in 1955, 1966, and 1973. A major remodeling project began in 2003 after Des Moines voters approved a one-cent sales tax increase that allowed for renovations at all local schools. In 2002, \$18 million was approved for East High's upgrades. Hundreds of alumni donated more money so further renovations could be conducted.

The 2011 Alumni Banquet celebrates 150 years of East High pride and 100 years within this building.

Lowell Long

East High graduate reflects on his years as a coach, parent, and staff member

Science teacher and dedicated coach Lowell Long has placed himself in the heart of East High. Considered by many as a friend and a hilarious jokester, Long continues to be a beloved teacher by the EHS student body.

Long was born in Albert City, Iowa (close to Storm Lake). He moved to Des Moines at age 5 and graduated from East High in 1975. Long is currently a biology teacher and resides in Altoona with his wife, Kathy, and their two children; Brandon (a junior), and Maggie (a freshman) both attend East High.

Q: How many years have you been teaching at East High School?

I have been teaching at East since 1991, so about 20 years.

Q: Have you taught at other schools?

I used to teach and coach at DM Tech High (now Central Campus) in the 80s and have coached (track, baseball, and softball) at North as well.

Q: What programs have you been involved in at EHS?

Softball, basketball (boys and girls), track, girls' golf, (recently) volleyball, I was temporarily the Athletic Director and I even hired head basketball coach Sam Powell.

Q: Before you taught at East, where were you?

I was a salesman for a dealer and



Principal Dan Conner (left) stands on the sidelines with Lowell Long, class of 1975. Long is currently a science teacher and coach at East.

sold copy machines. I absolutely hated it, but I was good at it. I did that from 1989 to 2001. Before that position, I taught agriculture and animal sciences.

Q: Why did you choose to teach biology at EHS?

I had never taught it before, but there was an opening at East, so I went and got my certification to teach the class and came to East.

Q: How do you feel about your children attending East?

I left it up to my kids. It was ultimately their decision. By the time they were old enough to go to high school, I had already brainwashed them into loving East.

Q: Please list some of your favorite athletic moments from East High?

-Girls' state championship 2011

-Boys' going to state in 2005

-Winning state softball in 2006 and being in finals in 2010.

Q: What do you think sports do for students -- what makes them important to a high school?

It helps keep them focused on schoolwork, keeps them out of trouble, and helps give them a reason to make good choices.

They show how hard work makes you successful.

Q: What will you miss most about EHS when you retire?

I will miss the school, but mostly I will miss the students here, and how I love to tease and joke around with all of them.

Q: Do you believe there will be any changes at East High School within the next 10 years?

It all depends on the attitude of the students, the parents, the neighborhood, and how much the community backs the school.

*-Marisol Hernandez ('13)
and Courtney Custard ('12)*

Past and Present Principals

Mr. Frank Plumer: 1885-1891
Elmer E. White: 1891-1901
Miss May Goodrell: 1901-1918
Mr. A.J. Burton: 1918-1934
Mr. O.G. Pritchard: 1934-1954

Mr.D.Q Williams: 1954-1964
Mr. Gareld Jackson: 1964-1970
Mr.Earl Bridgewater: 1970-1976
Mr.Norman Miller: 1976-1981
Mrs.Barbara Prior: 1981-1987

Mr. Jerry Stillwell: 1988-2001
Mr.Tom Lee: 2001-2005
Mr. Mike Zelenovich: 2005-2010
Mr. Dan Conner: 2010-

History of Dances

The outfits may have changed but the excitement will never leave

Posing for a prom photo in front of your smiling, watery-eyed mother is a memory that almost every teenager will experience. For most alumni, dance memories never fade.

Resource teacher Susan Hook attended East High from 1973-1975.

Hook helps East High students set up winter formal and prom. Her favorite dances she worked on were Candyland Extravaganza, Hollywood Premier Prom, and Midnight Masquerade Ball.

When Hook attended dances, what she remembered the most was the 12B dance. 12B was held in December at a private location and was sponsored by the senior girls and their parents.

"When I was a senior, we had our dance at the Urbandale Golf and Country Club," said Hook.

Unlike our recent generation, dates were a must have in the '70s. If you didn't have a date then you stayed home wishing you could be at the



1976 Homecoming Queen

dance. The newer generation does an excellent job at keeping all our friends in the loop, making sure no one feels left out.

"I wish the girls who didn't have dates would have come together to

the dances like they do now," said East alum Kathleen Kahler.

Kahler attended East from 1969-1972. In Kahler's junior or senior year they finally began wearing jeans. Before this time they wore dresses and skirts and the dresses

they wore were short.

"My favorite dress was the one that I wore for my 12B dance. It was old fashioned looking and was cranberry with an ivory front," said Kahler.

The Spinster Spree dance was one of her favorite dances which took place in March. The girls would ask the guys to the formal dance. There would be booths and other fun things set up for the students to do which was almost like prom.

For East alum Kristy Ira (5th grade teacher at Brubaker), who attended East

from 1984-

1988,

she remembers that the

dresses *Seniors dressed for the Spree dance of 2002.*

when she went to school didn't have rhinestone on them; they had big sleeves and big bows that were right on their butts.

Your memories from East High dances will stay with you throughout your life. The experience that went along with those dances will follow you, just like the people who experience them with you.

-Story: Taylor Bimbi ('11)

Layout: Brooke Nokes ('12)



1976 Homecoming Queen Candidates are excited.

Faces of the Past



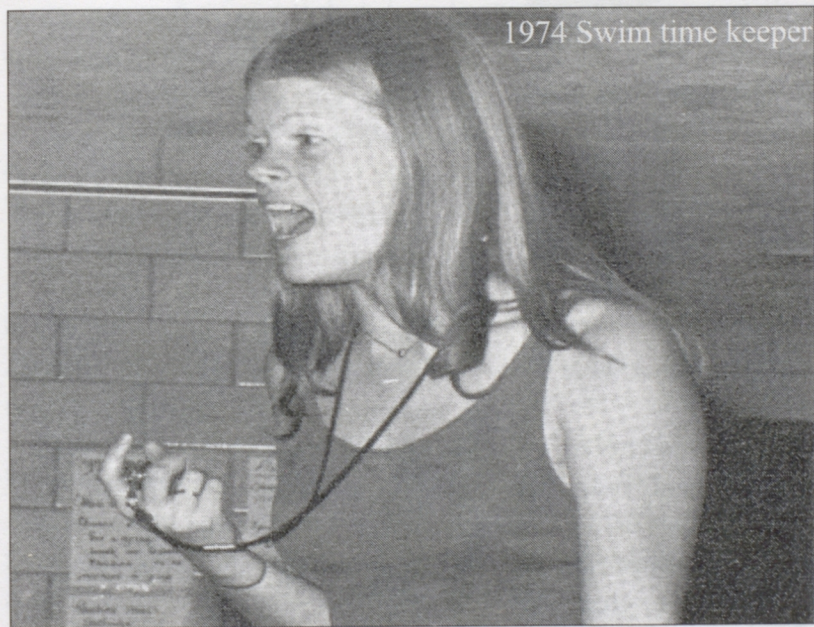
1992



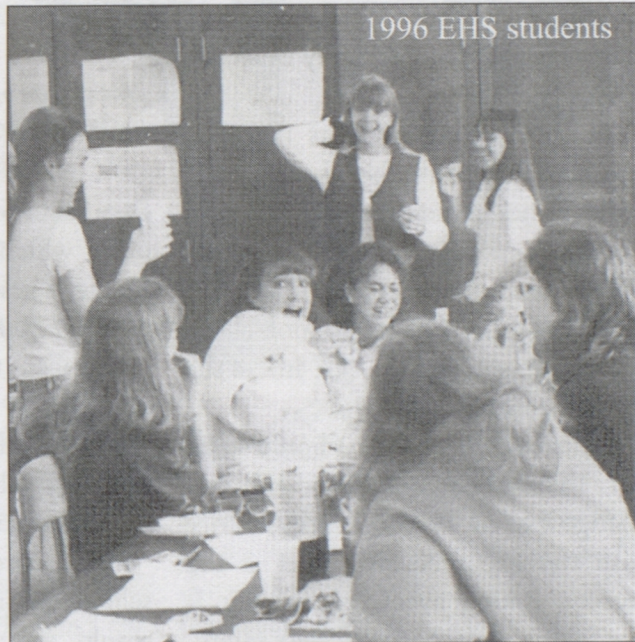
1971 Peace



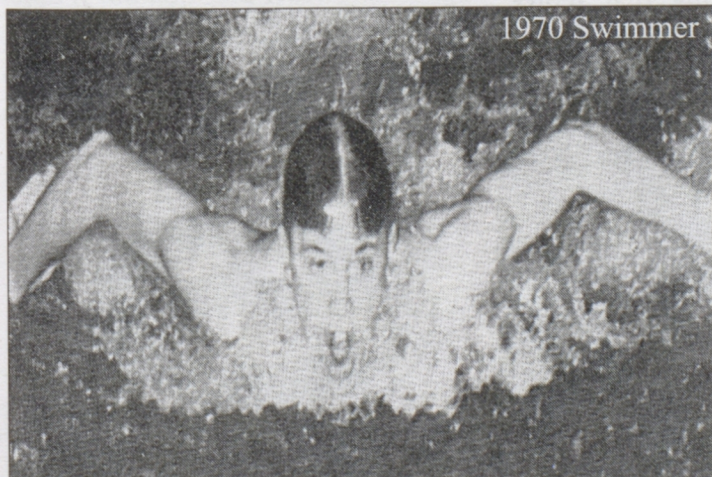
1991 Play



1974 Swim time keeper



1996 EHS students



1970 Swimmer



1991 *Go Ask Alice* play

Mascot history at EHS

A complicated situation with many conflicting opinions

At East High, we are known for our incredible Scarlet spirit. Without our spirit, East High would not be significant as it is today. This passion uplifts who we are as Scarlets. With our school spirit comes the help of our mascot.

Through our history, we have had a few different mascots, but the most recognizable one was that of the Regal Native American Chief. We also used a big "E" and also the little "e". There has always been disagreements on what our mascot should be. Over the years, it has never really been defined either.

Some staff and students feel that our mascot should be changed because either disrespect towards Native Americans or a copy of a symbol already used. For example, the Green Bay logo is the "G". If you look closely, you can see that the "G" is like the "e" at East High.

Others think that we should keep the Regal Native Chief and not change it at all. Because of the history with the Regal Native Chief as the mascot, taking away this mascot is like taking away a part of East High.

Over the years, the question has risen "What should represent East High?"

Somkong Vong, a teacher at East for 14 years, said she has seen the Native Chief, big "E", and little "e".

Sophomore Prisma Raucho feels that the Chief should still represent East High. "If we change it now, it would be ridiculous," said Ruacho.

"They have proposed changing the mascot a few times. I've heard the



This version of the E is currently being used in the 10-11 school year.

East High Storm, East High Trojans, none which I'm a fan of," said RJ Harris, a graduate of East High in the Class of 2009.

If it were to change, what would it be?

"Any symbol that represents diversity would be good," said Vong, "or any symbol that represents us."

Lyn Marchant, communities in school coordinator, said that she would want something that represents East High's school pride.

Viewing the mascot is an importance to the people.

"I think it's very important," said Vong. "It ties our community and our student body together."

"It's a very important level and atmosphere of what our school is. The pep assembly, that's what everyone gets excited for," said Marchant.

With a mascot, it symbolizes the school to the people. "That's what

equalizes us to our school. With different groups of people, we are collective as Scarlets," said Ruacho.

The Native American Chief has been here for years (since roughly 1953) and it is a symbolic mascot showing East High are fighters and never give up.

"We use it to show our strength," said Ruacho.

"I am Native American and very proud of it, also I'm very proud to be a part of East High School while I had the chance," said Harris, who is a member of the Meskwaki nation and the Black Cloud nation of the Sac and Fox tribe of Mississippi in Iowa.

Harris tells about his experiences being active as a leader of the school and a Native American at the same time.

"When I was at East, we didn't officially have a mascot then either. It was more of me just taking the reigns when no one else wanted to," said Harris. Back in his time of high school, he was the chief of *The Tribe*, the leader of the student section.



The Regal Native American mascot

"To represent both of those cultures simultaneously to me was more of an honor than I could've ever asked for," said Harris.

"People can see the history of the mascot and how it represents at East High, but I can also see it as harmful to the culture of the Indians," said Marchant.

In 1990, the State of Iowa wanted to ban the use of the Native American mascot due to offensive cultural issues.

Sophomore Keelie Deay, half Native American herself, her mother full *Kiowa*, has a view into this about the Native American mascot. She has learned a lot about her Native American roots of the family and from her relatives.

The Native American Chief is not just a mascot being used, but there is a story behind the mascot.

When Deay sees East High students wear the headdress, she feels it brings bias to the Native American culture. The headdress is a sacred item to the Native American culture.

"I find it rude. They don't even know the meaning of it," said Deay. Deay finds it offensive and dislikes students in headdresses.

"I just wish people would have a better understanding about Native Americans and what people take offense to. Like the headdress... that might be cute and all but it kind of takes it too far," said Deay.

She wishes that students should understand the Native American culture more thoroughly.

"We are not mocking, judging, or insulting Native Americans in any way whatsoever," said sophomore Johnathon Mayes.

"I have no Native American blood in me so it's not offensive," said Vong.

"If I were to wear a headdress, I would use it to show their good traits and why we are using it for our mascot," said Ruacho.

To Harris, he finds that the use of the Native Chief mascot being offensive depends on the person who is wearing the *regalia* (cultural clothing and objects such as the headdress, war paint, etc.).

"If they carry themselves with a sense of honor and dignity then no, it's not offensive," said Harris.

"It's what we're known for," said Ruacho. "If we change it now, you're changing the school and how the communities view us."

"The East High Scarlets have far too much tradition and roots in Des Moines and its surrounding areas to be changed," said Harris.

We have carried the pride for East High School for 150 years. No matter what mascot we have, most agree that we will continue to embrace being Eastsiders.

-Houa Vang ('13) &
Aaron Hosman ('13)



This photo, from the 1974 East High Quill, illustrates a Native American mascot on horse during Homecoming week.

After looking through the East High School yearbooks, the sight of the mascot of the Native American gradually increased during the 1970s. Today, it is not an official mascot but is still in use as an icon to our school.



The little "e" was used for nine years.

EHS Mascot and Logo Fact:

In the early 1950s, around '53, the idea of having a student dress up as a Native American mascot began. The football coach at the time had a cheerleader dress up in a costume.

In the 1980s, this mascot was phased out. In 2001, the logo switched to a little "e" and now, in 2010, it is switching back to the big "E". A large "E" can be found in yearbooks throughout East's 150-year history. It is used throughout most of East's history.

--Regal Native American: approx. 1953-1985

--Little "e": 2001-2010

--Big "E": 1861-2000 & 2010-2011

East High Scroll, Issue 2, Volume 79

What it means to be a Scarlet

Sheryljan (Crawford) Hedlund, Class of 1965

I am very proud to say my family has been associated with EHS since 1905. My Grandmother Eva (Nelson) Davidson graduated in 1907; my mother Pauline (Jackson) Crawford in 1928; my father Jennings Crawford in 1931; my Brother Ivan O. Cook, Jr. in 1950; myself Sheryljan (Crawford) Hedlund in 1965, plus uncles, aunts, cousins, and grandparents were all Scarlets.

My family has been associated with the All School Alumni Association for as long as I can remember. My mother was the Secretary, President 1957-1958. We helped with the potlucks. I have helped with the dining arrangements & decorations at least 49 years or more. I have been the Chairperson for 13 years. I enjoy doing the roll-call-of-classes for the Oldest Alumni attending. *What a thrill!*

As a Scarlet, I have learned to work with others to improve the school for generations to come and help provide Scholarships. It has given me values and a commitment to make EHS better and better. I was taught to fully appreciate everything given to me, at home and at school. I was taught to respect everyone and everything. Scarlets set their goals high and make every effort to achieve them. "Lee Township against the World."

Jeff Mullin, Class of 1976

East High has always meant "Service to Humanity" to me and I guess that I have been fortunate enough to live that mantra. I served in the military for 23 years and came across the words "Lee Township Against the World" in more than a few places around the world.

I had East High coins minted in Turkey to commemorate just such an event. And now in my second career I serve our community as a high school teacher, with hopes of finishing my career at "Dear East High."

Jennifer Medina, Class of 1990

It is widely known that the East High School motto is, "For the Service of Humanity." Four generations of my family have been shaped by this motto. As I see it, when an East High Student serves humanity they become a Scarlet.

Burt Wilson, my great grandfather, was an EHS student who helped on moving day. The beautiful new East High on East 13th Street had been completed. Each student helped carry desks, books, and classroom materials. This Scarlet says that when people work together they can move more than buildings.

Wayne A. Wilson ('33), my grandfather, was a student who became a fireman after the war. He then designed equipment for American La France, improving pumping systems on fire trucks. He looked at things differently, from all angles, before he came to a decision about anything. This Scarlet says that it takes time to solve problems.

Mary Joy Wilson ('33), my grandmother, served her church, her family, and her community. She claimed to not be the smartest person, but she was very smart. She had her priorities straight. She trusted the Lord. This Scarlet says not to worry about things that are beyond our control.

Classes of 1967 and 1965, Mary Lou Wilson and Jerry J. Wickersham, my parents, experienced many changes while raising me. They are creative and unique parents who I still look to for advice. I now see all the paces I put them through as a teen at East. These Scarlets say that patience is a virtue.

As an East High debate teacher and an alumnus, I, Jennifer Medina ('90), wish to see all East High students become Scarlets in their own time, to serve humanity with courage, with patience, together.

Tom VanHon, Class of 1951

What East means to me: "I need friends and East has given me a multitude of friends. The best three years of my life were spent at East among new friends and old friends and those friendships continue to this day."

Teresa Beghtol Dayton, Class of 1976

I love red & black. Since both my parents (1946 & '48) and our family of six children graduated from EHS from 1968-79, it's what we knew and supported. It's the nostalgia of the brick and the columns, it's the warped stairs from the pounding of students passing from one class to another...It's the teachers who cared enough to support us in our learning for life. It's the hard-working community, parents and alumni who give the \$5 and \$100 contributions to the scholarship fund. It gives me great pleasure to brag about being an *EHS Scarlet for Life*.

Jennifer McDaniel, Class of 2007

East High school was and is a place I always felt I belonged, whether I was in the stands cheering for the football team, following my brothers' activities, performing at a band competition, playing softball, or working in a classroom. Being a part of East has set me up for success through life-long lessons.

East taught me how to be a team player, through the good and bad times. I learned what hard work and dedication really meant, but the most powerful lesson I learned at East was what it means to be family. On the East side, family is more than blood relatives; it is the entire East side. When my softball team took the 2006 state title, the field was quickly filled with family. There was a huge sense of pride, and I realized that title wasn't about my team; it was about the school and community we represented.

Being an alum of East means being a support to current and future students. It means looking for the greater good of the whole community and being part of a family. One of my teachers, who not only taught at East, but graduated from East, said it best when she said "You can take the girl out of the East side, but you can't take the East side out of the girl." Being an Eastsider is not only being part of a school, but also is a way of life.





East High Publications